

FOR THE
FARM
WIFE
AND
FAMILY

End-Of-Fall Vegetables

by Mrs. Richard C. Spence

PUMPKINS AND WINTER SQUASH — Pumpkins usually end up as Jack-o'-lanterns or in pies. When choosing the perfect pumpkin, look for one that is rounded in shape, ribbed, heavy for its size, and a rich orange color.

Canned pumpkin is favored for pies, cakes, tarts and cookies. Most processed pumpkin is combined with squash to give body to the product — 1/2 pumpkin and 3/4 squash. Top quality canned pumpkin has an even grained texture, with little separation of liquid and solids.

Try alternating your pumpkin dishes with some winter squash menu items. Acorn and Hubbard squash varieties are still in season. Count on obtaining 1 cup of mashed squash from 1 pound of fresh squash. Pick winter squash that is heavy for its size and has firm and solid flesh. The shell should be intact with no cracks or bruises.

To store squash, pick a cool (50-60 degrees), dry, well-ventilated area. Hubbard squash is

usually sold by the piece and/or weight rather than whole in some areas and is available into early winter. When storing this large squash variety, cover cut pieces and keep them in the refrigerator or a cool area until time to cook.

Something different in the way of Pumpkin Tarts —

TINY PUMPKIN TARTS

Crumb Crust:
15 old-fashioned ginger snaps, finely rolled (about 1 cup crumbs)
2 tablespoons sugar
1/4 cup butter or margarine, melted

Filling:
1/2 cup solid pack pumpkin
2 tablespoons light brown sugar, firmly packed

1/2 teaspoon grated orange rind
1/2 pint vanilla ice cream, slightly softened

Blend together first three ingredients. Divide mixture into 6 paper-lined cupcake cups. Press firmly against sides and bottom, using a teaspoon. Place in freezer while preparing filling. Blend pumpkin, sugar and orange rind. Partially stir into ice cream, giving a swirled effect. Quickly spoon into prepared cupcake cups. Freeze 3 to 4 hours.

A delicious way with Acorn Squash —

ACORN SQUASH WITH SAUSAGE STUFFING

3 small acorn squash
1/2 pound pork sausage meat
3 tablespoons butter or margarine
1/2 cup chopped celery
1/4 cup chopped onion
1/4 cup chopped parsley
3 shredded wheat biscuits, finely rolled, (about 1 cup crumbs)
1/4 teaspoon poultry seasoning
1/4 teaspoon sage
1/8 teaspoon tarragon leaves
1/8 teaspoon salt

Dash ground black pepper

Cut squash in half; scoop out seeds. Place upside down on a baking sheet. Bake in a preheated moderate oven (350 degrees) for 30 minutes or until tender. Meanwhile, brown sausage meat. Drain on paper towels. Melt butter or margarine and saute celery and onion until soft. Add parsley, shredded wheat biscuit crumbs and seasonings. Mix well and add sausage meat. Spoon into acorn squash shells, dividing evenly

between the 6 halves. Return to oven and bake 20 to 25 minutes or until lightly brown.

BAKED MASHED SQUASH

3 cups cooked mashed squash (acorn, butternut)
1/4 cup orange juice
1 1/2 teaspoons salt
1 teaspoon grated orange peel
1/8 teaspoon pepper
1/8 teaspoon cinnamon
1/4 cup dark brown sugar, firmly packed

Combine all ingredients except brown sugar. Blend well. Place in a 1-quart casserole and sprinkle the top evenly with brown sugar. Bake in a moderate oven (375 degrees) for 20 minutes. 6 servings.

ONIONS — Although dry onions are available the year round, so are many convenience forms.

Onions vary in size, shape, color, pungency and sweetness. Some grow best in cold climates; others grow better in more temperate zones. They have been cultivated throughout the world for the past 5,000 years.

The greatest change in onions has occurred within the past ten to fifteen years — not in the type of plant but in the market form. Today the flavor of on-

ions is yours without ever planting a seed, plant or set. It isn't even necessary to buy a 3 or 10-pound bag of onions any more.

Today onions come in liquid or dehydrated forms and are packaged in small, light-weight containers. Onions for dehydration are different from those grown for the fresh market. They must be white, firm and have a good nippy flavor. Dehydrated onions are convenient and have uniform pungency. Because of the varying strength of fresh onions, it's not always easy to regulate onion aroma. It might take twice as much of a mild onion as a strong one. Instant minced onion presents less of a problem because the onions used are of comparable strength.

Instant onion powder is pure onion flavor which can be added at the last minute to many types of cooked dishes. It's also ideal for sandwich fillings, dips, and salad dressings. Onion salt is part onion, part table salt. It's a real convenience item for broiled meats and tossed green salads.

Minced onions are dehydrated onions that are larger in size than those in the flaked form. Two tablespoons equal one

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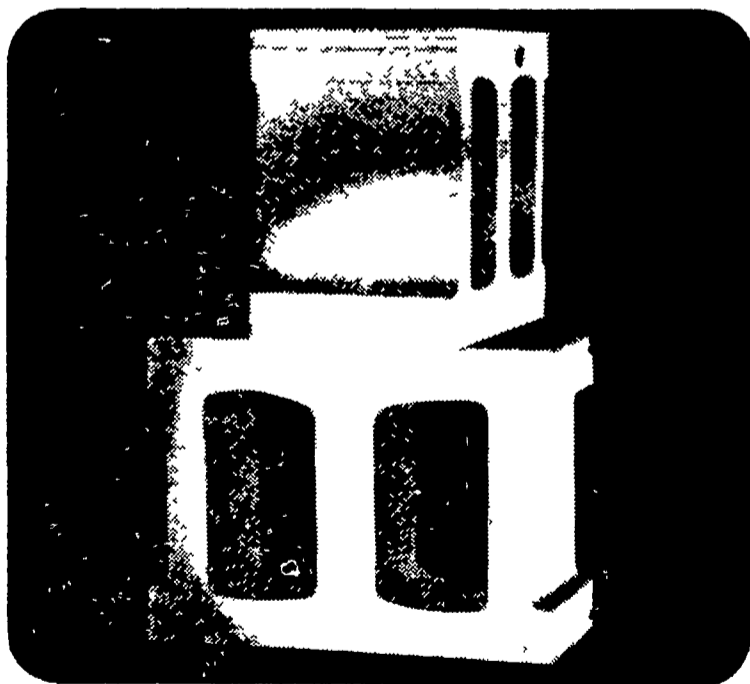
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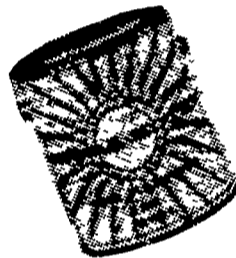
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