

LET'S GROW HEALTHY

A top-down view of several potted herbs, including basil and rosemary, in a kitchen setting. The herbs are lush green and are planted in terracotta pots. The background is slightly blurred, showing a wooden countertop and a red tomato.

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FOR FOOD SCIENCE,
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CSUN



LET'S GROW BUTTERNUT SQUASH

Squash and all its forms originate from Mexico and Central America.

The butternut squash is a hybrid that was developed in Massachusetts in the 1940s.

DID YOU KNOW?

Butternut squash is a winter squash and is harvested in the summer. It is called a winter squash because it has a thick rind that will allow it to keep through the winter months.

HOW TO GROW

You should begin to sow seeds from March through July. It grows on a vine and needs a lot of room to grow in your garden. One single plant will need two square feet to grow in and will yield 10 - 20 squashes when properly maintained.

WATERING & FEEDING

Squash should be planted in rich soil and needs fertilizer periodically. Roots need to stay moist regularly, but the leaves and stems should be kept dry to avoid plant disease.

HARVESTING

Butternut squash needs at least 90 days to mature, but can take up to 120 days after sowing. Butternut squash will be ready to harvest when the vines and foliage begin to wither and brown.

CURING

When properly cured, this squash variety can be stored two to three months, and up to six months. To cure, find a sunny spot in your garden and let the squash sit there for 7-10 days.



LET'S GROW GARLIC

Garlic is native from central Asia and northeastern Iran. Garlic can be classified either as "hardneck" or "softneck." The hardneck variety is more resistant to cold temperatures in winter.

DID YOU KNOW?

China is the world's biggest producer of garlic. They produce over 75% of the garlic that is consumed.

CONTAINER FRIENDLY

Containers should be at least 12" deep with 6 cloves per square foot.

HOW TO GROW

To grow garlic, begin by separating the cloves from each other keeping the papery peel intact. Pick the biggest cloves available to you. Garlic should be planted mid-Autumn in mid-October or November. Plant each clove 4-6" apart with the "pointy" end up.

WATERING & FEEDING

Water the recently planted garlic and set a large layer of mulch 4-6". Do not overwater garlic or it may rot. Garlic should be fertilized every 3-4 weeks using a fertilizer high in nitrogen. Keep weed free.

HARVESTING

Garlic is ready to be harvested when the bottom two layers of leaves brown, shrivel and dry up AND top third of leaves are yellowing and falling over. Typically ready to harvest in early to midsummer. When you think it is ready to be harvested, stop watering for a couple of weeks.

CURING

Cure garlic by storing in a well-ventilated area away from direct sunlight for 2-3 weeks keeping leaves and roots intact. You can cure them on a rack or choose to braid them. When properly cured, they can last up to 6 - 8 months.



parsley, rosemary, thyme! oh, my!

Many herbs do well growing on a sunny window sill. To grow these, you want to take healthy looking cuttings and place them in a jar filled with water. Try to cut the stems at a 45 degree angle. Change the water every few days until roots develop. Transplant your cuttings in a pot at least 6" wide with good drainage.



OTHER HERBS TO TRY:

mint, basil, oregano, chives, cilantro, sage, stevia, lemon balm, dill, tarragon, marjoram, fennel

HOW TO: CUT AND PEEL A BUTTERNUT SQUASH



1 To make peeling effortless, microwave the butternut squash for 1 minute. Cut bottom and top end from squash.



2 Hold onto one end of the squash peel squash with one hand, then use a sharp vegetable peeler in the other hand to peel entire squash.

3 Slice squash from top to bottom through the center.



4 Using a spoon scoop seeds and stringy fibrous flesh from center of squash. Discard or reserve seeds for another use.

5 Cut squash into chunks, about 1-inch each.



ROASTED BUTTERNUT SQUASH: TWO WAYS

Recipe courtesy of Cookingclassy.com

Butternut squash is perfect for the fall season with its slightly sweet, nutty, and buttery flavors and a tasty smooth texture. Using fresh herbs or sweetness can add new layers of flavor and is a great side dish to add to your next dinner or holiday menu.

Serving Size: 6

Prep: 15 minutes

Cook: 40 minutes

Total Time: 55 minutes

Equipment needed: peeler, knife, cutting board, sheet pan, measuring spoons, oven, and microwave

TIPS:

- Using a sharp knife and peeler are recommended.
- If available, use a dark sheet pan as it increases browning

INGREDIENTS:

1 (3 lb) butternut squash, peeled, seeded and cut into 1-inch cubes
3 Tbsp olive oil
1 Tbsp minced fresh rosemary
1 Tbsp minced fresh thyme
1 Tbsp minced fresh sage
Salt and ground black pepper
1 Tbsp minced fresh garlic
2 1/2 Tbsp minced fresh parsley

INSTRUCTIONS:

1. Preheat oven to 400 degrees. Spray a rimmed 18 by 13-inch baking sheet with non-stick cooking spray.
2. Place butternut squash on baking sheet, drizzle with olive oil, sprinkle with rosemary, thyme, sage and season with salt and pepper to taste.

3. Toss to coat then spread into an even layer.
4. Roast in preheated oven 20 minutes. Remove from oven add garlic and toss squash with a thin metal spatula.
5. Return to oven and roast until soft, about 10 - 20 minutes longer.
6. For more browning move oven rack near broiler and broil squash 1 - 3 minutes. *Keep a close eye on it as it will brown quickly!*
7. Sprinkle in parsley and serve warm.

Sweet Option:

3/4 tsp cinnamon
1 1/2 Tbsp brown sugar or maple syrup
Omit garlic and herbs