

As part of the Riding Mountain Biosphere Reserve's

“At the Farm Gate”....

Fall Harvest



MARKET



Regional and Local Goods, Arts, Farm Produce and Baked Goods

Wes's Little Path Farm Squash Bake



1 buttercup or acorn squash

Filling:

- Onion - chopped
- Celery - chopped
- Butter
- Brown sugar
- Cardamom
- Cinnamon
- Raisins
- Walnuts - chopped
- Tart apple – peeled, cored and sliced

Maple Syrup



Start with a buttercup or acorn squash - cut off the top and scoop out the seeds, much like you would your pumpkin at Halloween. Place cut down on a cookie sheet with a small amount of water and bake at 350 for about half an hour (when you can poke easily through the outer rind with a fork it is nearly done)



While squash is baking combine and fry onion, celery in a buttery pan (about half and half and enough to fill the squash cavity when cooked down) - as they cook add brown sugar, cardamom and cinnamon (to taste), and as they near done add raisins, walnuts and tart apple slices.

Pull nearly done squash from the oven, flip it over and fill the hole with your freshly fried ingredients, drizzle with maple syrup and sprinkle with cinnamon. Return to oven and continue to bake for ten to twenty minutes. Remove from oven and serve as is or scoop and smash.

I offer no exact measurements, and time frames are only suggestions. Mix, match, play - have fun with your food.

This recipe was demonstrated by Wes Huyghe of Little Path Farm.

