



**Organic Winter Hard Squash** is one of the last local BC items that we will have available from our local season. The harvest of our BC hard squash started in August and it will continue until the first frosts hit our growing regions. These delicious squash are harvested and then placed into cool, dark spaces for storage until they are packed and shipped out to wholesalers and retail chains.



## Organic Butternut Squash

**Organic Butternut Squash** is one of the best winter squashes for storing. It holds its nutty flavor and nutrients well into the winter. It has a silky, mildly sweet flavour. It's an item that goes great with sweet or savoury dishes during mealtime. Organic butternut squash is a simple vegetable to store and prepare. The skin can be peeled away with a potato peeler or it can be baked with the skin on. It is an excellent source of vitamins A, B6, C, and E; minerals like potassium and manganese, as well as dietary fiber, thiamin, niacin, folate, calcium, and magnesium.



## Organic Spaghetti Squash

**Organic Spaghetti Squash** has a very mild flavour and can be eaten on its own with just some seasonings like salt and pepper. It can be prepared by baking, boiling, steaming or cooked in the microwave. Spaghetti squash gets its name from its pale yellow flesh that can be fluffed into stringy threads of pasta. It also has many of the same health and nutritional benefits as mentioned above.

### Maple Pecan Hasselback Butternut Squash

\* Maple Pecan Hasselback Butternut Squash recipe: <https://www.seasonsandsuppers.ca/maple-pecan-hasselback-butternut-squash/>

**Preparation: 10 mins / Cook Time: 1 hour / Total Time: 1 hour 10 mins / Servings: 6**

#### Ingredients:

- 1 small butternut squash (about 8" in length)
- Cooking oil, for brushing
- ¼ cup maple syrup
- 2 tbsp. butter
- ½ tsp. dried thyme leaves
- 3 sprigs fresh thyme
- 2 tbsp. pecans, finely chopped
- Salt and freshly ground pepper
- 1 tbsp. maple syrup
- Flaky finishing salt

#### Direction:

- Step 1:** Preheat oven to 425°F with rack in top third of oven. Have a baking sheet ready (best choice is one that is just a bit larger than the two squash halves).
- Step 2:** Cut butternut squash in half lengthwise, trying to keep the two halves as even in size as possible (for even cooking). Scoop out the seeds and pulp from the squash and discard. Using a vegetable peeler, peel off the skin and the whitish layer just beneath it to expose bright orange flesh. Place on prepared baking sheet, cut side down. Brush squash with oil and sprinkle with salt and pepper. Cook in preheated oven for 20 minutes. Remove from oven and allow to cool for 5 minutes.
- Step 3:** Remove squash halves to a cutting board. Using a sharp knife, cut slits ¼ inch apart in the squash, cutting almost but not all the way through. \*Tip: Place the handle of a wooden spoon alongside the squash to act as a guard to prevent cutting too far down.
- Step 4:** Return cut squash to the same baking sheet. Heat the ¼ cup maple syrup and 2 tbsp. butter in the microwave or a small saucepan until the butter is melted. Stir well to combine. Brush with maple/butter mixture and sprinkle with salt and pepper. Sprinkle dried thyme leaves over squash, trying to get in the slits a bit, if possible. Pour ¼ cup water in to bottom of pan, then return to 425°F oven for 15 minutes. Remove from oven, baste with more maple/butter mixture. Add another ¼ cup of water to the pan and return to the oven for a further 15 minutes.
- Step 5:** Remove from oven. Tuck 2 or 3 thyme sprigs between a few slits in each squash half. Add pecans to remaining maple/butter mixture and stir to combine. \*Note: If mixture has hardened at all, re-warm before adding pecans so it's liquid again. Brush pecan/maple/butter mixture over-top of squash. Add a final ¼ cup of water to the pan and return to the oven for a further 8-10 minutes, or until squash is tender.
- Step 6:** Remove from oven. Drizzle a bit of maple syrup over each half. Sprinkle with finishing salt.







## AVOCADO

**Avocados** are a type of stone fruit, also known as Alligator Pears or Butter Fruit. There are different varieties of avocados with different shapes (from pear-shaped to round) and colors (from green to black): Bacon, Fuerte, Gwen, Hass, Lam Hass, Pinkerton, Reed, Zutano. And Hass is one of the most popular varieties among all.

Avocados are considered a “superfood”. They are very nutritious, and contain a wide variety of nutrients, vitamins, and minerals. Avocados are a good source of fatty acids, low in fat, and sugar content. They are an excellent source of Vitamins A, B6, B12, C, E, and K, as well as riboflavin, niacin, thiamin, folate, pantothenic acid, magnesium, potassium, copper, manganese, phosphorus, and zinc.

Fresh avocados do not ripen on the tree, they ripen after they have been picked. Ripe avocados are a bit soft when squeezed in the palm of hand. Avoid those that are too soft and have dark sunken spots or bruises. Unripe avocados can be kept at room temperature for about 4-7 days.

Our avocados are available in both conventional and organic. Speak with your Fresh Direct Produce sales rep for more information.

### Avocado, pancetta & pine nut salad

#### Ingredients:

- 6 ripe avocados, stoned, peeled, and quartered
- 4 big handfuls baby spinach, washed
- 12 slices pancetta
- 50 g pine nuts
- Balsamic vinegar
- Extra virgin olive oil
- Sea salt
- Fresh ground black pepper

**Cook Time: 20 mins / Servings: 6**

#### Direction:

- Step 1:** Heat a frying pan and fry the pancetta slices until crispy. Remove from the pan and set aside. In the same pan, lightly toast the pine nuts.
- Step 2:** Make your dressing by combining 1 tablespoon of balsamic vinegar with 2 tablespoons of olive oil and season with salt and pepper. Taste to make sure your dressing is balanced – add a little more oil or vinegar if you need to.
- Step 3:** On serving plates, lay out the avocado. Sprinkle over the spinach leaves, pancetta and toasted pine nuts. Season well with salt and pepper and drizzle over your dressing. Great served with some warm crusty bread and a lovely glass of wine.



\* Avocado, pancetta & pine nut salad recipe: <https://www.jamieoliver.com/recipes/pork-recipes/avocado-pancetta-pine-nut-salad/#t02Tb6j5I7kr9Bor.97>



FRESH  
IN  
SEASON

## Fuyu Persimmons



**Persimmons** are orange-red colored fruits that are available starting in late September. They reach their peak in October through December. Sweet, and delicious persimmons are rich in health promoting nutrients such as vitamins, minerals, dietary fibers, and anti-oxidants. Fuyu persimmons are sweeter than Hachiya persimmons, and can be eaten while still firm.

Look for persimmons with taut, glossy skin, avoiding fruit with soft spots or bruises. Persimmons may be kept longer if they are stored at room temperature.

### Persimmon Pear Caprese Crostini

#### Ingredients:

- 2-3 Fuyu persimmons, sliced
- Firm pear, sliced
- Fresh basil leaves
- Fresh mozzarella cheese, sliced
- Baguette, sliced
- Olive oil
- Coarsely ground sea salt
- Pepper
- Balsamic vinegar glaze

#### Direction:

- Step 1:** Drizzle bread slices with olive oil. Under the broiler, toast on both sides until golden.
- Step 2:** Top each bread slice with a slice of pear, a slice of persimmon, a fresh basil leaf, and mozzarella slice. Drizzle with balsamic glaze; sprinkle with sea salt and pepper. Serve!

\* Persimmon Pear Caprese Crostini recipe: <https://reluctantentertainer.com/persimmon-pear-caprese-crostini/>