

# How We Freeze Winter Squash

*(This method works for all varieties of Winter Squash)*

## Another Helpful “How we do it at Magicland Farms”

*Tip: Keep in mind before you start that this process of freezing squash is surprisingly quick and easy!*

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- 1) Wash squash well.
- 2) Take off stem and cut in half.
- 3) Remove seeds with spoon (seeds can be roasted for a special treat)
- 4) Cover a cookie sheet with foil
- 5) Place squash skin side up on sheet. Placing the squash with its skin side up will harden the skin and make it possible to quickly pop out the flesh. Add a small amount of water to the cookie sheet.
- 6) Cook in a 350 oven for 1 to 1-1/2 hours until the skin turns lightly brown.
- 7) Turn squash over and scoop out the soft flesh and put in a freezer container and will keep at least a year.

### **Time and Money Saving Idea**

Why not make as much squash as you can fit in your oven (usually at least two cookie sheets) and then eat all you can at a meal and then freeze the rest? It works for us and it saves time, money and makes filling your freezer with squash nearly painless. The fact that squash should keep for several weeks sitting right in your kitchen makes life even easier since you don't have to cook/freeze all the squash at the same time.