

Baking Favorites

Fairytale Pumpkin



This is an heirloom french variety good for pies or decoration.

Cheese Pumpkin



This pumpkin does not contain cheese, it was named after its shape, which looks like a wheel of cheese. Great for roasting.

Turban Squash



Named for its shape, this brightly colored squash has the faint taste of hazelnut.

Great as a decoration, used in pies or as a vessel for soups and dips.

One Too Many Pumpkin

Named after its blood shot eyes look, this pumpkin is great for pies, carving or decoration.



Butternut Squash



This squash has a sweet, nutty taste. Roast it alone or add to a risotto, soup, stew or casserole.

Acorn Squash



Small and round, this squash looks like an acorn. Its sweet taste and round shape makes it ideal as a vessel for soups and other dishes.



100 Jericho Turnpike
Westbury, New York 1159
516-334-0066
www.hicksnurseries.com

Fall Recipes

Pumpkin, Feta & Cilantro Quesadillas

Yield: Makes 6 servings

Ingredients:

3 cups of 1 1/2-inch cubes peeled, seeded pumpkin or butternut squash
1 finely chopped seeded jalapeno (about 2 tablespoons)
12 8-inch diameter flour tortillas
10 ounces feta cheese, crumbled
1 1/2 cups coarsely chopped fresh cilantro
2 limes, each cut into 6 wedges



Directions:

Cook pumpkin in large saucepan of boiling salted water until tender but not falling apart, about 10 minutes. Drain and cool 10 minutes. While pumpkin is still warm, transfer to processor; puree until smooth. Stir in jalapeno; season with salt and pepper.

Divide pumpkin mixture equally among 6 tortilla (about 1/4 cup per tortilla) and spread evenly. Sprinkle feta over each. Top each with 1/4 cup cilantro and sprinkle with black pepper. Top with second tortilla.

Heat heavy large skillet over medium-high heat. Cook quesadillas until golden and dark char marks appear, about 1 minute per side. Serve with lime wedges.

Butternut Squash Polenta

Yield: Makes 4 side-dish servings

Ingredients:

3/4 cup finely chopped onion
5 tablespoons unsalted butter
12 oz of butternut squash puree
2 1/2 cups water
2 cups whole milk
1 1/4 teaspoons of salt
1/4 teaspoon black pepper
3/4 cup instant polenta
1 oz finely grated Parmigiano-Reggiano (1/2 cup)



Directions:

Cook onion in about 3 tablespoons butter in a 10-inch heavy skillet over medium heat, stirring, until very soft, about 8 minutes. Stir in squash and cook, stirring occasionally, 2 minutes.

Bring water, milk, salt and pepper to a boil in a 4-quart heavy pot. Add polenta in a thin stream, whisking. Cook polenta at a bare simmer, stirring with a long-handled whisk and turning down heat as needed to prevent spattering, 5 minutes.

Stir in squash mixture and cook, stirring, 3 minutes. Remove from heat, then stir in cheese and remaining 2 tablespoons butter. Serve immediately.

Acorn Squash with Wild Mushroom Cranberry Stuffing

Yield: 2 Servings: Can be doubled

Ingredients:

1 1 1/2 to 1 3/4-pound acorn squash, halved lengthwise, seeded
1/2 cup dried cranberries or currants
1/4 cup hot water
4 tablespoons (1/2 stick) butter
4 ounces fresh wild mushrooms (such as shiitake), stemmed, chopped
1/4 cup chopped onion
1 teaspoon dried rubbed sage
1 cup fresh whole wheat bread crumbs



Directions:

Preheat oven to 425 degrees. Place squash cut side down in 8x8x2-inch glass baking dish. Cover dish tightly with plastic wrap. Microwave on high 10 minutes. Pierce plastic to let steam escape. Uncover and turn squash halves cut side up. Season cavities with salt and pepper.

Combine dried cranberries and hot water in small bowl. Melt 3 tablespoons butter in heavy medium skillet over medium heat. Add mushrooms, onion and sage and saute until beginning to soften, about 5 minutes. Add bread crumbs and stir until crumbs brown lightly, about 3 minutes. Mix in cranberries with soaking liquid. Season to taste with salt and pepper.

Mound stuffing into squash halves. Dot with remaining 1 tablespoon butter. Bake until heated through and crisp on top, about 10 minutes.

Sausage Stuffed Turban Squash

Yield: 6 servings

Ingredients:

1 (3 lb) turban squash
1 lb. pork sausage
1 cup chopped celery
1/2 cup sliced mushrooms
1/4 cup chopped onions
1 slightly beaten egg
1/2 cup sour cream
1/4 cup grated Parmesan cheese
1/4 teaspoon salt



Directions:

Preheat oven to 375 degrees. Cut the top off the turban squash. Scoop out the seeds and pulp and discard. Lightly salt the inside of the squash and place it cut sides down in a shallow baking pan. Bake at 375 degrees for one hour or until tender.

Meanwhile, in a skillet combine the sausage, celery, mushrooms and onions and cook until the vegetables are tender and meat is browned. Drain well.

Combine egg, sour cream, cheese and salt. Stir into sausage mixture. Turn squash right side up and fill with sausage mixture. Bake 20-25 minutes more.



Pumpkin Facts

-  The blossom, flesh and seeds of a pumpkin are edible.
-  A pumpkin is made up of approx. 90% water.
-  A pumpkin is a fruit. A fruit is defined as the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.
-  Gourds are not edible but they make great decorations.
-  Pumpkin seeds can be roasted as a snack.
-  Pumpkins contain potassium and vitamin A.
-  The name "pumpkin" comes from the Greek word "pepon," meaning a large melon.
-  In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
-  A pumpkin is really a squash. It is a member of the Cucurbita family.

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Additional Fall Recipes

Parmesan-Roasted Butternut Squash

Yield: Makes 8 servings

Ingredients:

2 1/2 pounds of butternut squash, peeled and cut into 1-inch pieces
3/4 cup heavy cream
3 sage leaves
2/3 cup finely grated parmigiano cheese

Directions:

Preheat oven to 400 degrees with rack in the middle.

Toss squash with cream, sage, 1 teaspoon salt and 1/4 teaspoon pepper in a 2-quart shallow baking dish. Bake covered for 30 minutes.

Stir in half of the cheese and sprinkle the remainder on top. Roast, uncovered until squash is tender and beginning to brown, about 20 minutes. Let stand about 5 minutes before serving so that the cream can thicken.

Super-Simple Pumpkin Tiramisu

Yield: Makes 8 servings

Please note: this recipe needs to set up overnight, so start one day ahead.

Ingredients:

1 1/2 cups chilled whipping cream
3/4 cup sugar
1 (8-ounce) container of mascarpone cheese
1 (15-ounce) can of pure pumpkin
3/4 teaspoon pumpkin pie spice (or 1/4 teaspoon each of cinnamon, cloves and nutmeg)
2 (3-ounce) packages halved ladyfingers
1/4 cup rum
2 ounces crushed amaretti cookies

Directions:

Beat whipping cream and sugar until peaks form. Add mascarpone cheese, pumpkin and pumpkin pie spice; beat just until filling is smooth.

Line the bottom of a 9-inch diameter springform pan with 2 3/4-inch sides with 1 package of lady fingers, overlapping and crowding to fit. Sprinkle with 2 tablespoons of rum. Spread half of filling over ladyfingers.

Repeat with second package of ladyfingers, remaining 2 tablespoons of rum and remaining filling. Smooth. Wrap tightly in plastic, then foil. Chill overnight.

To unmold, run knife around the inside edge of pan. Release pan sides; sprinkle with amaretti cookies.

Roasted Salted Pumpkin Seeds

Ingredients:

pumpkin seeds
olive oil
sea salt

Directions:

Pan-roast seeds in a hot cast-iron skillet until they puff up. Stir constantly so they don't get too dark. Then drizzle with a little olive oil and sprinkle with sea salt.

Black-Eyed Pea & Pumpkin Salad

Yield: Makes 4 to 6 servings.

Ingredients:

Peas:	Pumpkin:
1 cup dried black-eyed peas	1 1/2 cups of 1/2-inch cubes of peeled sugar pumpkin or butternut squash (about 6 ounces)
4 cups of water	1 tablespoon of olive oil
1/2 medium onion	1 small garlic clove - minced
1 bay leaf	
1/2 teaspoon salt	

Salad:

3 tablespoons extra-virgin olive oil
1 1/2 tablespoons of fresh lime juice
1 cup of thinly sliced red onion
1/4 cup chopped green pepper
1/4 cup chopped seeded peeled cucumber
1 plum tomato, seeded and chopped
2 tablespoons chopped fresh basil

Directions:

Peas: Place peas in a large saucepan. Add enough water to cover by 3 inches. Let peas soak for 2 hours. Drain the peas; return to same pan. Add 4 cups of water, onion, bay leaf & salt. Bring to a boil; reduce heat to medium, cover partially and simmer until peas are tender, about 30 minutes. Discard onion and bay leaf. Drain. Transfer peas to rimmed baking sheet to cool.

Pumpkin: Preheat oven to 400 degrees. Arrange pumpkin in a single layer in a 8x8x2-inch glass baking dish. Drizzle with 2 tablespoons of water and oil. Sprinkle with salt and pepper. Bake until tender when pierced, turning occasionally, about 15 minutes. Add garlic; let cool.

Salad: Whisk oil and lime juice in a bowl. Season dressing with salt and pepper. Combine all remaining ingredients and peas in a large bowl. Add dressing; toss. Season with salt and pepper. Add pumpkin; toss.

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