This is an easy way to prepare pumpkin or other winter squash. It can be eaten as a side dish or used in the pancake recipe on the back page. Squash prepared this way can be easily frozen too. Freeze in 2/3-cup portions and have squash pancakes all winter! This pureed squash can also be used in breads, soups, and pies — any recipe calling for canned pumpkin.

2 medium size winter squash, such as butternut or acorn
1 tablespoon of vegetable oil

Preheat the oven to 350 degrees. Spread most of the oil evenly over a rimmed baking sheet. Rinse the squash and cut them in half with a sharp knife. Remove the seeds. Rub the cut sides of the squash with the remaining oil. Place the squash halves on the baking sheet with the cut side down. Place the pan in the oven and roast the squash for 45 minutes or until a fork penetrates the squash flesh easily. Let cool for 10 to 20 minutes. Scoop the cooked squash flesh out of the skin and mash with a fork or potato masher until the consistency is smooth. You can also use a blender or food processor.
Recipe: Winter Squash / Pumpkin Pancakes

Winter squash and pumpkin can be used interchangeably in most recipes, including these pancakes. Directions for cooking your winter squash are on the front page of the newsletter; or you can use canned when you run out. (This recipe is adapted from The Wilson Farm Country Cookbook, by Lynne C. Wilson, Addison- Wesley Publishing Co., Inc., 1985.)

2 eggs
2/3 cup cooked, mashed winter squash (canned pumpkin also works well)
3 tablespoons oil
1 cup milk
1 1/2 cups flour (or 1/4 cup unbleached + 1/2 cup whole wheat flour)
1/4 cup sugar
3/4 teaspoon salt
2 3/4 teaspoons baking powder
1 1/2 teaspoons cinnamon
1 teaspoon nutmeg

Sift the flour, sugar, salt, baking powder, cinnamon and nutmeg together. Beat the eggs in a large mixing bowl. Stir in the squash, oil and milk. Add the sifted flour mixture and stir thoroughly.

Heat a frying pan over medium high heat, grease it lightly and cook the pancakes, turning them once after bubbles form on top.

Spicy Kale and Chick-Pea Stew

This is a filling and easy stew. Kate loves to eat it served over rice or couscous. If you have a slow cooker, this stew cooks very well in it. Just use less oil – about 2 tablespoons. (Makes about 14 cups, serving 8 to 10. Recipe by Shel Talmy.)

1 1/2 cups chickpeas -- dried or 2 1/2 cups canned chickpeas - drained
10 cups water
2 large onions -- chopped
3 large garlic cloves -- minced
1/4 cup olive oil
2 green bell peppers -- coarsely chopped
1 1/2 lb kale -- stems removed, leaves coarsely chopped
1 28 ounce can plum tomatoes -- undrained, coarsely chopped,
6 oz tomato paste
2 1/2 Tablespoons chili powder
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried hot red pepper flakes
1 teaspoon ground cumin
1 teaspoon sugar
1 bay leaf
Steamed couscous or rice as an accompaniment

If using dried chickpeas:
Chickpeas should be soaked overnight in enough water to cover them by 4 inches, drained, and rinsed. In a large saucepan simmer the chickpeas in the water, covered partially, for 1 1/2 hours, or until they are tender. Continue with recipe below.

If using canned chickpeas, start here:
In a heavy kettle cook the onions and the garlic in the oil over moderate heat, stirring occasionally, until the vegetables are golden, add the bell peppers, and cook the mixture, stirring, for 10 minutes. Add the chickpeas with the cooking liquid, the kale, the tomatoes with the juice, the tomato paste, the chili powder, the thyme, the oregano, the red pepper flakes, the cumin, the sugar, and the bay leaf, bring the liquid to a boil, and simmer the stew, stirring occasionally, for 1 hour.

Discard the bay leaf, season the stew with salt. Serve the stew on the couscous or rice.