



The month of September brings us into the season of Squash.

FOOD FOR THOUGHT: SQUASH

Squash is a word taken from a Massachuset First Nations word meaning “eaten raw or uncooked” – *askutasquash*.

It was considered “the apple of God” giving squash high status among the First Peoples. It was believed that the seeds of the squash would increase fertility when planted nearby the family dwelling. Squash was a very important staple for the indigenous diet.

"it taketh away freckles and al spottes", this was the claim of a settlers daughter, named Elisabeth Skinner in 1816. She was a young bride who pound the seeds and rubbed the mixture on her skin then sat in the sun.

Archeologists believe that they can date summer squash varieties to around 7,000 and 5,000 BCE in the caves of the Tamaulipas Mountains of Mexico. This indicates that there was cultivation emerging during the times of the cave dwellers. Along with squash there were beans, chili peppers and agave.



Kingdom – Plantae
Family – Cucurbitaceae
Genus - Cucurbita

**For more information on Cowichan Community Kitchens
Please Call 748 – 0359**

Cowichan Community Kitchens September 2007



Squash Soup

8 servings

1 Tbsp vegetable oil
2 onions, chopped
1 clove garlic, chopped
1 celery stalk, chopped
4 cups chicken or vegetable stock
8 cups cubed peeled butternut squash (about 3 lbs)
1 can coconut milk or 1 package coconut powder mixed into 1 cup water

¼ cup mince gingerroot
2 tsp ground coriander
1 tsp ground cumin
¼ tsp turmeric
½ tsp each salt and pepper

In large saucepan, heat oil over medium heat.

Add onions, garlic, celery, ginger, ground coriander, cumin, turmeric, salt and pepper.

Cook, stirring often, for 5 to 8 minutes or until onions are softened

Stir in squash

Pour in stock and bring to boil.

Reduce heat to low.

Cover and simmer for about 20 minutes or until squash is tender.

In blender or food processor, or with a hand blender, puree soup until smooth. Return to saucepan and reheat until steaming.

Sir in coconut milk, heat through.



Cowichan Community Kitchens is offering a FOOD SAFE course. This course is open to anyone who wants or needs a food safe certificate for his or her resume, work or volunteer positions.

DATE: Friday October 5, 2007

TIME: 9 AM to 4 PM

PLACE: Hiiyut' Lelum Society (House of Friendship)

PHONE: 250 748-2242 EX 134 (leave message)

COST: \$40

Spaces are limited. Please reserve your place.

Thank you,
Cowichan Community Kitchens