

The Travelling Jar



SQUASH

From spaghetti squash to pumpkin, this vegetable from the cucurbitaceae family, just like melons and cucumbers, is part of our early autumn meals, those that warm our hearts.

Store it as soon as you buy it!

- Raw, in a dry and dark place, if possible, cool (10/15 °C) for 6 months or more.
- Cooked, in the fridge, for 2 to 3 days.



Make reserves!

From mid-August to late December.

ENJOY IT ALL YEAR ROUND!

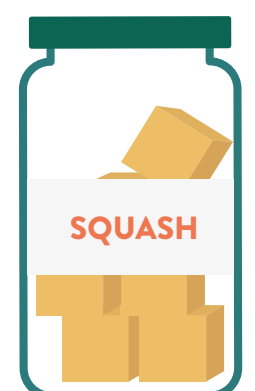


By freezing it!

Remove the skin, cut into cubes, and blanch for 2 minutes. It can be stored for 1 year.

Recipe ideas: soup, puree, pastry.

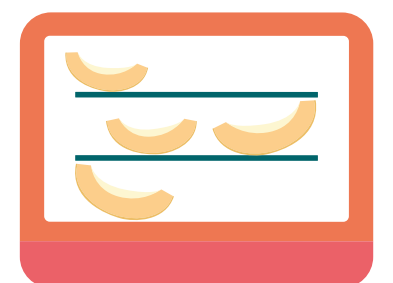
Don't forget to immerse your vegetables in ice water after blanching to stop the cooking process!



By dehydrating it!

Remove the skin, cut into slices of 5 mm or less, and spread out flat. In the oven, set to the lowest temperature for 4 to 6 hours. In a dehydrator, set to 125°F for 7 to 11 hours.

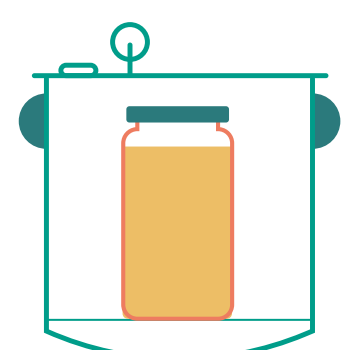
Recipe ideas: soup, curry, chips.



By canning it!

Remove the skin, cut, and blanch for 2 minutes. Put in jars up to 2.5 cm from the rim of the jars. Pressure canning is necessary, refer to a certified recipe.

Recipe ideas: squash sauce, lasagna, hummus.



The dehydration instructions are from the Hamilton Beach dehydrator manual. Please verify the instructions for your dehydrator and rely on the texture as a guide!