



Roasted Blue Hubbard Squash & Honey-Sage Gastrique

by: **Chef Jaren Bates**

Yield 8-12 servings

Equipment List

- Saucepan
- Cutting board
- Knife
- Baking sheet

Recipe Ingredients

- 1 Blue Hubbard Squash
- 4 Tablespoons Olive oil
- 1 teaspoon Salt
- ½ teaspoon Black pepper
- ½ c Honey
- 1 c Apple cider vinegar
- 1 dried Chiltepin pepper
- 3 Sage leaves, torn



Dine` Chef Jaren Bates grew up baking with his Mom cooking on his family's 30-acre property. Later after his Mom passed at a young age, he helped out more with family meals. Eventually he left home to study at culinary school. Chef Jaren's 18-year career is still awe-inspiring for him. He enjoys learning new techniques, flavor combinations, and cooking food that is not just tasty, but also tells a story. He prefers to use ingredients that hold a deeper meaning as this helps to feed the mind, and the belly.

Allergy Indicators:



Instructions

1. Breakdown squash. Slice squash into smaller sections so that it is easier to work with. From there, remove seeds and cut into 1- inch cubes.
2. Line sheet tray with parchment paper. Place cubed squash on top. Try not to crowd your sheet tray, so leave some space from each cube to cook. Drizzle with olive oil and season with salt and pepper.
3. At 400 degrees, roast squash for eight to ten minutes. Oven temperatures vary so be sure to check squash for tenderness. Squash is ready when tender and has a little color from caramelization on it (or golden brown).
4. In a small or medium saucepan, heat honey over medium heat, cook until the honey has melted. Then, add apple cider vinegar, reduce by half or until thickened.
5. Remove from heat, while hot, add one crushed chiltepin and sage leaves. Stir until combined.
6. Sauce can be prepared in advance and warmed for service. Sauce can be held for up to 2 weeks in an airtight container and in the fridge.
7. At service, place roasted squash on a serving plate and spoon gastrique over squash. Add additional sage, edible flowers, and/or Saguaro seed as desired. Enjoy!

Meet Your Sage Farmer

Vilardi Gardens is a wholesale propagation company in Phoenix, Arizona that sells high-quality heirloom tomato, vegetable, and herb plants that grow well in the Maricopa County climate. All of the plants that they sell are all-natural, and chemical and pesticide-free. Vilardi Gardens sells its plants to local farmers, local nurseries, and at farmers' markets.





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#chefinthegardenaz



Planting Sage

Planting Supplies

- Sage transplant
- Hand shovel or gloves
- Extra soil
- Plant tag
- Container (optional)



Planting Instructions

1. If planting in a pot, add fresh garden soil about halfway to the top. Or, dig a hole in your garden that is as deep as the transplant liner. The soil should be level with the transplant in either the pot or the garden.
2. To transplant your plant, place your hands flat on the soil around the stems, then turn your transplant upside down so that the leaves are facing your shoes. Gently squeeze the transplant container to loosen the roots just enough to pull the liner away from the plant's root system.
3. Gently flip your plant right-side up, so that it's facing you and gently place it in the hole in your garden or pot. Fill in the remaining space with soil. Gently push down the soil around the plant and add more soil if necessary to make the new soil level with the plant. Then add plenty of water to get the soil wet down to the roots.

Lesson

Winter squash, like the Blue Hubbard, is one of the earliest and most important plants domesticated in the Americas. Archaeological evidence shows that squash was first cultivated between 8,000 and 10,000 years ago in Mexico, long before European contact with the New World. Squash offered the early inhabitants of Mesoamerica countless benefits. First, they are an excellent source of complex carbohydrates and Vitamins A and C. Second, the plant's flowers, young leaves, and seeds can all be eaten or used for medicinal purposes. Lastly, squash plants – with their long, winding vines with large leaves – are an excellent ground cover helping to prevent weeds.

Weed Protection is one reason squash became part of the important group of crops known as the Three Sisters. Corn provides tall stalks for the beans to climb so that they are not choked by sprawling squash vines. Beans provide nitrogen to fertilize the soil while also stabilizing the tall corn during heavy winds. Beans help fix nitrogen, which is an essential plant nutrient; they host rhizobia on their roots that can take nitrogen from the air and convert it into forms that can be absorbed by plant roots. The large leaves of squash plants shade the ground which helps retain soil moisture and prevent weeds. These three crops are also at the center of culinary traditions; a diet of corn, beans, and squash is complete and balanced. Corn provides carbohydrates and dried beans are rich in protein and amino acids. Squash provides different vitamins and minerals than corn and beans. These three crops are also important because they can all be dried and used for food year-round.

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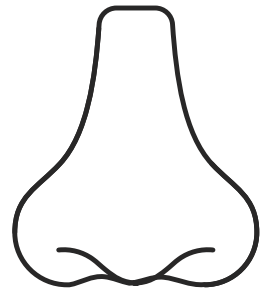
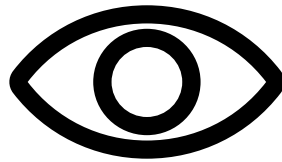
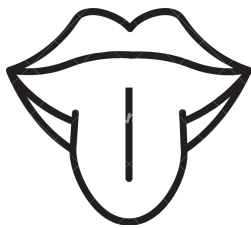




Student Feedback Sheet

Blue Hubbard Squash

Can you describe it using the five senses?



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Student Feedback Sheet

Blue Hubbard Squash

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What rating would you give this lesson?



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