



Farmers' Markets Now Indoors: Plan a Local Thanksgiving

By Diane Whitten

Cornell Cooperative Extension Saratoga County

Saratoga Springs has two farmers' markets year-round, now both are indoors for the winter. The Saratoga Farmers' Market is at the Wilton Mall in the food court area, open 9:30-1:30. The Spa City Farmers' Market is in the Lincoln Baths at 65 South Broadway, open 10:00-2:00.

Just in time for Thanksgiving you'll find a wide variety of winter squash, including Buttercup. This squash is similar in color to acorn squash, but is a bit larger, and some people say it's sweeter than the popular butternut squash. Its yellow-to-deep-orange flesh makes it perfect for fall soups and stews, or simply roasted and served with butter as in the recipe below. Buy several squash for your Thanksgiving meal, leftovers can be blended and be put it in the freezer for a quick meal side dish in the future, or as the base for a soup. Prepare the recipe while your turkey cooks, then pop them in the oven while your turkey cools. The recipe below can be doubled to serve 8. Ingredients marked with an asterisk (*) are available at either of the farmers' markets in Saratoga Springs.

All winter squash are an excellent source of vitamin A; they supply over 200 percent of the daily value in just half a cup.

Buttercup Squash Baked with Honey

- 1 large buttercup squash*
- 2 large apples*, peeled, cored and sliced
- 3 tablespoon honey*
- 1 tablespoon butter
- ½ teaspoon lemon juice
- 1/4 teaspoon cinnamon
- pinch nutmeg

Heat oven to 400 F. Cut squash in half through the stem and blossom ends; remove seeds and fibers. Place squash halves, cut side up, in a baking dish. Mix remaining ingredients, spoon into squash halves. Cover and bake 40-50 minutes or until squash is tender. Makes 4 servings.

Nutrition Per Serving: 160 calories; 5 g fat (4 g sat); 8 mg cholesterol; 27 g carbohydrate; 2 g protein; 1 g fiber; 60 mg sodium. Nutrition bonus: 212% daily value vitamin A.

