

WHAT THE SQUASH?

From acorn to zucchini, we help you decipher the wonderful world of squash.

BY NICOLE MALICK



Acorn Squash: The Penn squirrels should consider trading acorns for the flavorful, versatile acorn squash...maybe then they'd stop stealing our food. This squash needs minimal preparation or no additional seasoning and it's best when roasted.



Pumpkin Squash: If you haven't had pumpkin by now, even we can't help you. This holiday season, try it in lattes, pies or beer. Also, pumpkin seeds have unique antioxidants that help prevent diabetes and even some forms of cancer. Superfood, super delicious



Butternut Squash: Although made of neither butter nor nuts, this squash certainly tastes like buttah when prepared correctly. You'd be nuts not to like something so good for your heart (thanks, carotenoids!), as this guy is packed with vitamins and minerals galore.



Spaghetti Squash: ...aaand, break! Spaghetti squash does exactly that when cooked, self-dividing into squash "noodles" right before your eyes. Whether boiled, baked or roasted, it packs a punch with both flavor and vitamins as a healthy, low-cal alternative to pasta. Delicioso!



Delicata Squash: This squash is a little confused — it looks like an oversized cucumber, tastes like a sweet potato and Microsoft Word thinks it's misspelled. Identity crisis aside, this strange vegetable makes a great addition to any meal, whether roasted, quickly microwaved or sliced and baked as French squash fries.

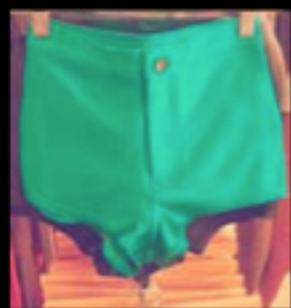


Zucchini Squash: A cousin of the cucumber, this summer squash can be grilled, broiled, steamed, fried or stuffed. It cooks quickly and is a staple of cuisine from Mexico to Bulgaria. It ain't easy being green, so lend zucchini a hand.

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