



Using, Storing and Preserving



Winter Squash

Michigan-grown winter squash is available September through November.

Prepared by:
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Recommended varieties

Acorn, banana, buttercup, butternut, Golden Delicious, Hubbard and spaghetti squash are recommended for freezing.

Storage and food safety

- Purchase squash with stems that are not shriveled, blackened or moist.
- Wash hands before and after handling fresh produce.
- Scrub winter squash with a vegetable brush using cool running water before cooking or cutting. Do not use soap. Do not wash squash before storing.
- Keep squash away from raw meat and meat juices to prevent cross-contamination.



- Store whole winter squash in a cool (45 to 50 degrees F.) place. If stored properly, most varieties will keep up to 3 months.
- Store cut squash in the refrigerator and use within a week.
- For best quality and to preserve nutritional value, preserve only what your family can consume in one year.

Yield

| | | |
|------------------------|---|---------------------------|
| 1 pound | = | one large acorn squash |
| One small acorn squash | = | 2 half-cup servings |
| 3 pounds winter squash | = | 2 pints canned |
| 10 pounds | = | a canner load of 9 pints |
| 16 pounds | = | a canner load of 7 quarts |

Lawn or garden questions?

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Find out more about Michigan Fresh at
msue.anr.msu.edu/program/info/mi_fresh.

How to preserve

Canning

Winter squash, cubed

Squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh.

Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water.

Caution: Do not mash or puree. Fill jars with cubes and cooking liquid, leaving 1 inch headspace. Wipe jar rims, adjust lids and process following the recommendations below:

Freezing

Winter squash (*acorn, banana, buttercup, butternut, Golden Delicious, Hubbard, spaghetti*)

Select firm, mature squash with a hard rind. For spaghetti squash, mashing the cooked pulp is not necessary.

Cook until soft in boiling water, in steam, in a pressure cooker or in an oven. Remove pulp from rind and mash. To cool, place pan containing winter squash in cold water and stir occasionally. Package leaving ½ inch headspace, remove air, seal, label, date and freeze.

Recommended processing time for winter squash in a dial-gauge pressure canner.

| Style of pack | Jar size | Process time | Canner pressure (PSI) at altitudes of | | | |
|---------------|----------|--------------|---------------------------------------|------------------|------------------|------------------|
| | | | 0 - 2,000 ft | 2,001 - 4,000 ft | 4,001 - 6,000 ft | 6,001 - 8,000 ft |
| Hot | Pints | 55 min | 11 lb | 12 lb | 13 lb | 14 lb |
| | Quarts | 90 min | 11 lb | 12 lb | 13 lb | 14 lb |

Recommended process time for winter squash in a weighted-gauge pressure canner.

| Style of pack | Jar size | Process time | Canner pressure (PSI) at altitudes of | |
|---------------|----------|--------------|---------------------------------------|----------------|
| | | | 0 - 1,000 ft | Above 1,000 ft |
| Hot | Pints | 55 min | 10 lb | 15 lb |
| | Quarts | 90 min | 10 lb | 15 lb |

Let jars sit undisturbed for 24 hours, check lids to be sure they've sealed, remove rings, wash jars, date, label and store.

References

Information in this bulletin is based on Food Preservation Series — Winter Squash (Michigan State University Extension, October 2006) and So Easy to Preserve (University of Georgia Cooperative Extension Service, 2006).

This bulletin replaces WO1052 Using, Storing and Preserving Series-Winter Squash (Michigan State University Extension, 2006).