



Pleasant Valley Acres, LLC

Grain and Produce Farm in Pleasant Valley

W939 Northey Road • Sullivan, WI 53178

6 Minute Microwave Squash

Sweet Lightning - The sweetest squash we grow.



Sweet Lightning



1. Cut the top off.



2. Remove lid.



3. Clean out seeds.



4. Put the top back on.



5. Microwave: 6 min.



6. Eat directly from the shell

8. No need to add butter or brown sugar to this already naturally sweet squash! Enjoy this healthy vegetable as a tasty side dish to any meal.