



Pleasant Valley Acres, LLC

Grain and Produce Farm in Pleasant Valley

W939 Northey Road • Sullivan, WI 53178

How to cook squash:



- 1. Cut the top off squash**
- 2. Clean out the seeds**
- 3. Put the top back on (to keep natural juices inside)**
- 4. Bake at 350F for 1 hour in the oven**
OR 15 minutes in the microwave
Until as soft as mashed potatoes
- 5. Clean out flesh and mash with a fork**
- 6. Taste first, then decide if you need butter, brown sugar or real grated parmesan cheese since each vegetable has its own flavor.**