

# This is the season to enjoy winter squash

Although refrigeration and improved transportation have blurred the traditional seasons of many types of produce, winter squash still reigns in the cold months of fall and winter.

Whether lumpy and bumpy, striped or plain, these delightfully shaped and colored vegetables are packed with valuable nutrients, including beta-carotenes, vitamin C and dietary fiber. The most popular winter squash are acorn, butternut and Hubbard varieties. All three are hard-shelled, mature squash, but acorn and butternut are smaller and are typically sold whole. Due to its large dimensions (12 to 15 pound average), Hubbard squash is often sold cut in pieces weighing only a few pounds.

When choosing squash, look for a hard, thick rind with no softness, cuts, punctures or sunken spots. One pound of unpeeled, uncooked squash equals about 2 cups of cooked pulp, or enough for 4 servings.

Store uncut squash in a cool, dry place for up to two months; cut squash can be refrigerated and should be used within four days. Smaller winter squash are often baked.

When the seeds are removed, the halves form natural cups for stuffing, as in this seasonal favorite: Bake squash halves for 30 minutes at 375 degrees F.

While they bake, saute 1 to 1 1/2 cups each of diced onion and minced celery in a bit of olive oil. Add 1/2 teaspoon marjoram, the juice of one orange plus 1 tablespoon orange rind, and 2 cups chopped raw cranberries and saute briefly.

Add 4 cups of cubed, cooked turkey (or chicken) and 1/4 cup maple syrup and remove the mixture from the heat. Stir in 1 cup bread crumbs and season to taste with salt and pepper. Divide the stuffing between the squash halves and bake for 1 hour.

Hubbard squash and banana squash (another large variety) are usually boiled or baked and then mashed or pureed; since they are closely related, they can be used in any recipe calling for pumpkin. Try them pureed in a winter squash soup or mashed and baked in a quick bread.

Cubes of cooked winter squash make a great compote when teamed with diced apples and dressed with a sauce of cider with curry powder and fresh ginger.

Boost nutrition, flavor and variety in your favorite dishes by adding squash cubes to savory stews or grated squash to a stir-fry dish.

## Turkey trivia fun to share

Here are a few forgettable feathered facts about turkey compiled by faculty at the University of Detroit Mercy.

- Rumor has it that when Christopher Columbus found the land he discovered, he thought it was connected to India where peacocks were in considerable number, he also believed turkeys were a type of peacock (they're really a kind of pheasant) so he named them "tuka," which is "peacock in the Tamil language of India."

- In the last 20 years, America's love of turkey has soared with per capita consumption up from 8.3 pounds in 1975 to 18.5 pounds in 1995.

- Forty-four percent of all turkey consumption comes from turkey sandwiches.

- Turkeys can be frozen for a year before they lose their flavor.

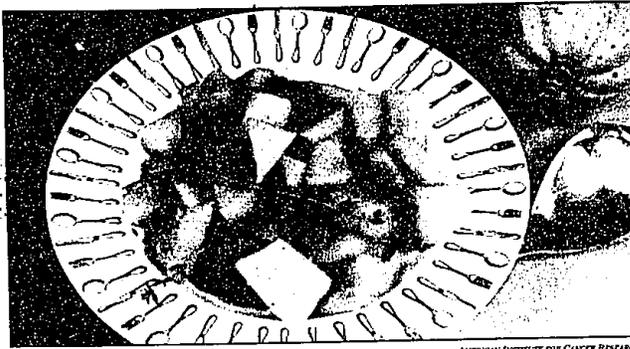
- The heaviest turkey ever raised was 75 pounds by a turkey farm in 1967.
- America's national bird was almost the turkey. Benjamin Franklin lobbied for the turkey but the bald eagle was chosen instead. Franklin complained that "the turkey is a much more respectable bird and a true native of America."

## Holiday 'help-lines'

- Michigan State University, Cooperative Extension Service: (810) 858-0904 (Ontonagon County); (313) 494-3013 (Wayne County).

- Butterball Turkey Talk Line: 1-(800)-323-4848
- Reynolds Metals Company Turkey Tips Line: 1-(800)-745-4000 (Automated messages 24 hours a day)

- USDA Meat and Poultry Hot-line: 1-(800)-535-4555



Perennial favorite: Maple Glazed Squash is a simple side dish. Serve it with hearty holiday fare.

Whether you include winter squash as part of main dishes, or as a simple side dish like Maple

Glazed Acorn Squash, you'll appreciate why winter squash is a perennial favorite.

**MAPLE GLAZED ACORN SQUASH**  
2 acorn squash, about 1 1/4 pounds each

2 tablespoons pure maple syrup

Preheat the oven to 375 degrees F. Halve the acorn squash lengthwise and scoop out seed and pulp.

Cut the squash into two-inch chunks and peel off the dark green skin. Place in a tightly covered steamer basket over gently boiling water and cook until fork-tender, about 10 minutes.

Transfer to a shallow baking dish, drizzle with the maple syrup and stir to coat evenly (recipe can be prepared a day in advance to this point — just cover and refrigerate). Bake the squash until it is hot and bubbly, 15 to 20 minutes. Each of the 4 servings contains 125 calories and less than 1 gram of fat.

Information from: American Institute for Cancer Research

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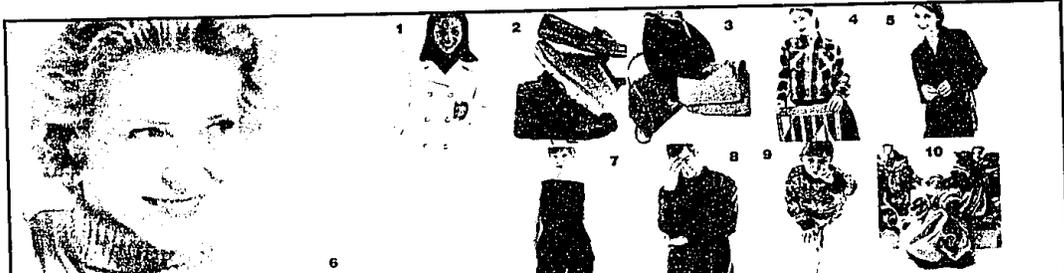
- troubling memories of the event
- unpleasant dreams/nightmares of the event
- emotional numbness
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save 49.99-69.99

2. Men's weekend footwear. Johnston & Murphy "Navy", reg. 90.00, sale 49.99; Timberland "Walker", reg. 130.00, sale 69.99. In Men's Shoes D25.

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3. Selected handbags from Mirra Avanti, Nine West, and more. Reg. 40.00-120.00, sale 28.00-84.00. In Accessories D31.

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4. Committed flannel jacket in assorted plaids. Reg. 26.00, sale 17.99. Palmato corduroy pants. Reg. 34.00, sale 24.99. In Juniors' D75, 98.

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8. Men's paid formal lounge wear from Bottoms Out. Chinos, slacks, sweaters, polo shirts, reg. 20.00, sale 12.00. Or choose boxers, reg. 10.00, sale 6.00.

save 25%-40%

9. Holiday clothes for infants, toddlers, boys and girls, including: Dresswear, reg. 30.00-64.00, sale 22.50-48.00. Playwear, reg. 20.00-32.00, sale 15.00-19.20; and Outerwear, reg. 42.00-150.00, sale 29.40-105.00. In Children's D16, 17, 18, 22, 24, 67, 69.

save 39.99.

10. Elegant argyle top toppers. Reg. 50-60.00. In Grls' D41.

# PARISIAN

**Pomeroy's Festival of Fun, Saturdays December 7 & December 14, 1pm-3pm.** Join Pomeroy and friends for games, holiday crafts and a special appearance by Father Christmas. Check out Pomeroy's brand new dog house and his very own holiday tree! Don't miss the fun!

**What a Guy!** We now have artist Guy Bullot's newest accessories collections. Inspired by the sidewalk cafes and bustling bistros of Paris, his work is found on everything from silk ties and boxers to gift plates and espresso cups. They make great finds in Men's Furnishings.

**Meet Arthur the Aardvark at Parisien! Friday, November 29 thru Sunday, December 1, 4pm, in Children's.** Meet Arthur from the popular PBS television show, and get a free poster while supplies last.

**Elizabeth Arden Blockbuster!** If you're looking for a great gift at a real value, this is it! Worth 272.00, it's yours for just 95.00 with any Elizabeth Arden purchase of 25.00 or more. Includes 12 eyeshadows, 2 blushes, 4 lipsticks, 2 eye pencils, 1 mini-mascara, a set of 4 makeup brushes, and

a Fifth Avenue Eau de Parfum replica spray. In Cosmetics.

**Happy holidays!** We'll be closed on Thursday so our associates can spend Thanksgiving with their families. But join us bright and early Friday, November 29 for our After-Thanksgiving Sale beginning at 6:30 am. Hope's wishing you and your family a wonderful holiday season!

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