

EVERBLOSSOM FARM RECIPES

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TOASTED SQUASH SEEDS

At some point during the annual carving of your Halloween jack-o-lantern, as you stick your hand in and scoop out a handful of stringy slimy seeds, I'm certain you've wondered, "Can I eat these?" Well wonder no more. You can and here's how. I recommend using those from the **acorn squash**, because they're loaded with seeds.

Toasted Squash Seeds

Seeds from one pumpkin or squash

Extra virgin olive oil

Salt

Preheat oven to 350 degrees. Scoop out seeds, rinse them, and pat dry.

Toss with extra virgin olive oil until they're coated and season with salt.

Spread on a rimmed baking sheet and bake for 12 to 15 minutes, until golden and crisp.

Kitchen Notes: They'll stay crisp in an air-tight container for up to 3 days.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

JOHN AND ELAINE BRANIGAN

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