



CORPUS CHRISTI PRODUCE COMPANY, INC.

November 2018

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The calendar now shows November—nights are getting longer and the Squash available are getting bigger,

tougher, and sweeter. Interestingly, winter Squash belongs to the same few species as summer Squash, but there's a key difference; summer Squash varieties are grown to be picked while still immature (that's when they taste best), while winter Squash are tastiest as full, robust, mature fruit. Yes, fruit! All Squash are fruits. Technically they are a type of berry known as a "pepo".

There are three major species to know: *Cucurbita maxima*, *Cucurbita pepo*, and *Cucurbita moschata*. Very broadly speaking, *C. maxima* tends to be the biggest, *C. pepo* tends to be the lightest and most delicate, and *C. moschata* tends to be the sweetest. Here are a few of the most common varieties as well as some of the more unusual ones available.

Sugar Pumpkins:

Sugar Pumpkins are members of *C. pepo*, and can come in a variety of colors, but generally are smooth-ish, round, thin-skinned, and medium-sized. The bigger they are the less sweet.



Kobocha:

Winter Squash is very popular in Japan, and though there are dozens of heirloom varieties originating from the country, their most successful export is the Kabocha. Sometimes called the Japanese pumpkin, the Kabocha is usually either dark green or a bright orangey-red on the exterior, and has a vibrant, yellow-orange flesh. It is one of the sweetest winter Squash varieties, but also a bit crumbly and dry.



Butternut:

This is another great Squash. Like the Sugar Pumpkin, the Butternut Squash is reliably sweet without being as sugary as some other varieties, is thin-skinned, and is also fairly easy to work with. As with most winter Squash, it is recommended to go for the smaller ones, which tend to be sweeter and more flavorful.



Acorn:

This *C. pepo* is a much less sweet variety. Acorn Squash tends to be a little on the dry side, and a bit more savory and nutty than the Sugar Pumpkin. The texture is more fibrous than the Sugar Pumpkin or Butternut Squash. There is also not as much edible flesh. Once the seeds are removed, you're left with what is more like a big bowl. This makes it ideal for stuffing.



Spaghetti:

The Spaghetti Squash, when cooked, separates into noodle-like strands. It has a mild and delicate flavor, and also has a very low sugar content compared with other winter Squash.



Severe Weather Devastates Crops

Here in the Coastal bend, we know all about how devastating hurricanes and severe weather can be. In fact, many Coastal communities affected by Hurricane Harvey are still recovering. The last couple of months have brought some monster storms to the East Coast particularly. Carolina growers are still coping with the damage from Hurricane Florence. The state's Department of Agriculture reported losses for N. Carolina exceeding 1.1 billion dollars. The Florida panhandle is a fall growing region for crops like Tomatoes, Cucumbers, Bell Peppers, Squash, Eggplant, and Green Beans. It is reported that Hurricane Michael caused tremendous damage to many. All the severe weather is surely affecting the produce market. When severe weather hits, infrastructure is destroyed, roads to transport close, supply can be low, prices rise, and everyone can feel the effects.

Recipe of the Month" BUTTERNUT SQUASH MASH

Ingredients:

- 1 large Butternut Squash
- 2 tbsp. Olive Oil
- 2 tbsp. Butter
- 2 tbsp. Maple Syrup
- Salt to taste
- Pinch of Cayenne Pepper



Directions:

Halve 1 large unpeeled Butternut Squash and cut into thick wedges, discarding the seeds. Toss with olive oil and roast at 400 degrees F until soft, 35 to 45 minutes. Remove the skin. Puree the Squash with 3 tablespoons butter; season with salt. Warm a few tablespoons of maple syrup with a pinch of cayenne pepper; drizzle over the mash.

Use a food processor or immersion blender to puree these veggies-they're too fibrous for a potato masher.

**BUY LOCAL!
SUPPORT LOCAL!**



A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.

Meet Our Team

We thought it would be nice to introduce our team of employees who are dedicated to serving you. This month we would like you to meet:

Jose Trevino, Jr.



Jose joined the CC Produce team almost two months ago. As our Food Safety Manager, Jose makes sure all safety procedures are followed and helps to keep daily operations running smoothly and efficiently.

Originally from the Valley, Jose is a Roy Miller High School graduate, and current Corpus Christi resident. He enjoys spending free time with his girlfriend of eight years, and his two children. When he is not hard at work, Jose likes to listen to live music and play video games.

Corpus Christi Produce appreciates Jose's dedication and is happy to have him as part of the CC Produce family.

In this time of Thanksgiving, we would like to express our gratitude to our customers.

We value your business and we want to Thank You for giving us the opportunity to serve you.

It is truly our pleasure.

From our Family to Yours,



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www.ccproduce.com

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