



Hopi Patnga-(Green striped cushaw Squash)

1. An ancient Hopi squash which can be dated back to 3000 BC

2. The nutritious seeds are toasted then ground into flour or eaten whole.

3. Fully grown they can weigh up to 25 pounds.

4. They are drought tolerant and can be stored in a dry, cool place for up to year.

5. The long strong vines are resistant to the squash vine borer.



Roast Cushaw Squash Recipe:

- 6 cups 1/2 cubed or peeled cushaw
- 2 tbsp olive oil
- 1 tbsp dried rosemary
- 1 tsp sea salt

In a large bowl, toss cuhsaw cubes with olive oil, rosemary, and sea salt.

Spread evenly on a large baking sheet.

Cook in 400 F oven for 15 minutes. Stir and cook for 10 more minutes.

