Preparation\n

Select firm, mature squash with a hard rind. For spaghetti squash, mashing the cooked pulp is not necessary.\n

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Cook until soft in boiling water, in steam, in a pressure cooker or in an oven. Remove pulp from rind and mash. To cool, place pan containing winter squash in cold water and stir occasionally. Package, leaving ½-inch headspace. Seal and freeze.\n