



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2026

An Interview with *Samuel*

channeled by Lea Schultz

You said recently that opening the Crystalline Gate will affect things both internally and externally, and that Guardians need to balance these new functions of energy. Please explain why and how.

The first thing to remember is that balance is necessary in every portion of your life—every day, all the time, always. That is something you will probably never need to stop working on, because balance in the world is a challenge, to say the least. So, even without massive energy changes, one needs to remember how vital balance is to every part of your life all the time.

But the second, and probably more important, part is to remember that the Crystalline Gate is Creation Energy made available out in the world for a while. It's not going to be flowing out the way it is right now in another few years. I really am not clear on timing, but what it is right now is Creation Force.

Think of it as a liquid spilling out of a glass of water. You can get out of its way, you can stick a potted plant under it, or you can just wipe it up and ignore it. Those are the choices that are going to be in front of people, and what happens within shows up without. So, I recommend you stick a potted plant under it—meaning, use the energy to help in this world-rebuilding process and to help yourself to rebuild.

Over the last few months, certainly as recently as through No-

vember, you've been experiencing massive change. Your belief system has been hooked and prodded, and you've been finding out a lot about yourself. Now you need to be looking at what's going to replace the unneeded, the unnecessary, the unwanted aspects that you are ideally learning how to release.

That's how you're going to use this raw Creation Force. And again, remember that everything you see out there around you is a mirror to what you are seeing and doing within. So, while you are making positive replacements and using this energy to manifest better walking shoes for your journey, you're going to be seeing positive changes out in the world. On the other hand, if you are resistant, if you are not being self-responsible, if you are using power badly—that's what you're going to see out in the world.

What the Crystalline Gate is doing is pouring out Creation Force, and that means what is going on with you is going to be accelerated and amplified out into your world. So what you see, Paula, is going to be different than what David sees. And you're living in the same house! Imagine how different it's going to be for someone in a different state or country.

So, I cannot say, "Here is what you're going to see," but it's Creation Force. My recommendation is that you use it for your highest good.

Does maintaining balance help prevent you from being pushed into extremes?

Yes.

The question ends with "How?" What are your techniques for attaining this balance?

Release. Renew. Check power.

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Follow Love. And be happy—that's a choice.

When you say “check power,” do you mean look at it or hold it back?

Both of those. Make sure that you are using the right power and know when you see an imbalance in power around you—and in the U.S. you're seeing a lot of that right now.

What kind of changes has opening the Crystalline Gate made to the planet herself?

Everything that you always see when the planet is readjusting itself—weather patterns, earthquakes, that sort of thing—except raised to massively higher levels.

Additionally, right now the Earth's magnetic field is quite low. That has two effects. One of them is that it actually allows the planet to breathe a little in a different manner, so you're likely noticing that the southern hemisphere is more active than usual—not just politically, but in nature.

Having a very low magnetic field also allows for greater input of cosmic rays. That's both good and bad, but it's typical at times of re-creation. At the beginning of any planetary creation, those rays stimulate; they're like putting all the chemicals into a giant blender and tossing them all together to create the reactions that energize creation.

So, the planet is in a very strong re-creation process. Your sun is responding by releasing large amounts of plasma, much of which has been Earth-facing, and as a result, there has been far more electrical activity—but again, that's energy stimulating that creation process. Everything right now is about re-creating or newly creating.

So, you're going to be seeing far bigger earthquakes, far bigger storms. People who live in areas that never have snow and ice are going to see snow and ice. Across the world you've already seen the hottest, most miserable summers, and now you're going to see the coldest, most miserable winters—particularly those of you who live in what are considered temperate zones.

But this is a readjustment process—that pendulum swing to bring balance. So, the Earth is experi-



Phoenix Institute, Inc. was founded in 1985 to make the philosophy and teachings of Samuel available to anyone seeking guidance in the many areas those teachings embrace. It offers free monthly online meetings with Samuel and frequent opportunities for group or public discussion of his message to assist in the practical integration of these teachings into the physical, mental and spiritual lives of those who are drawn to them.

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The complete transcripts of meetings used in Classic Samuel can be purchased at DiscoverSamuel.com.

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encing what those who live on it call “chaos,” but what the Earth itself calls “re-creation.”

You've said that we have our own crystalline structure. How will opening the Crystalline Gate affect this, and how can we best optimize the use of that crystalline connection?

Well, the first thing to remember is that it's really two different kinds of crystalline structures we're talking about. The Crystalline Gate is a mineral creation. Your crystalline structure is vaguely mineral. For instance, in your brain you actually have structures that fit the geometric definitions of crystalline structure. Your cells have a silicon coating that is effectively a crystalline structure. But that's very But that's a very primary physical function. It's a foundation. And again, as I mentioned earlier, it's a foundation for new creation.

However, what you personally will experience out of it is frequency change, because the nature of the Creation Force through this gateway is effectively throwing a blanket of very charged, very high-frequency energy across the world.

There will always be people who adapt quickly and are able to make use of it—and far more people who are not able to adapt because their frequency is so different from it. With energy that different, they may not even notice there is a very big change.

Now, with Guardians, even if you are not con-

sciously aware, your physical body, your mental-emotional body, and your spiritual body respond to it. That means it's very important that you *guide* those aspects of yourself into the ways of living that will best accommodate higher-frequency access. Otherwise, you are going to constantly feel that you're not living up to your potential, your journey, your purpose—because that comes when you can be right in the energy, moving into it instead of just hitting your head against it.

It's vital right now that you know what you want, that you stay rested and hydrated, and that you are adaptable and flexible, and give yourself times of quiet and time in nature in order to process. That will go a long way toward helping you adapt to the Crystalline Force coming through.

In Greece, every day we announced, "Remember to be adaptable and flexible." It became a sort of a Greece joke, but it was very profound—the amount of adaptability and flexibility that was needed every day on that trip. But that was exactly what was required to be able to get that Gate at least as open as it is right now.

On the trip to Greece, you mentioned that the elementals changed function—or will change function—because of the opening of the Crystalline Gate. You also said that the undines are now merpeople, and the salamanders are now phoenixes. There are three questions here. The first one is: What are the sylphs and gnomes now called?

I have no idea. Frank says they're still voting on what they'll be called. It's so dangerous when I just toss out little side comments.

What new functions will the elementals serve?

At every great change in world cycles in which life force itself has advanced, the nature of the elementals' work becomes more uncovered. It isn't so much that they change as that they are able to function more fully.

Remember that the elemental energies are creation's gardening tools. And occasionally, it's nice to sharpen your instruments—to get the newest, best model of plow or shovel or whatever. The elementals have been communicating with humanity—essentially fruitlessly—for eons. With the crystalline change, I think you're very likely to have a much deeper connection with elemental force—as beings

of power in the world, rather than pixies and elves or forces for rain and wind.

What do you see in store for Guardians and mass consciousness for the upcoming year of 2026? (Aside: Are we going to get a better government?)

I see people dealing with internal power struggles and external power struggles. I see the need to create good out of chaos. I see a lot of people across the planet having to learn to trust themselves and their innate spiritual power—and, of course, that means a whole lot of people will just give it away. I see large changes in what most people consider their security nets—relationships, family, finances, schooling, jobs, whatever it happens to be. It's going to be challenging.

I think that complacency kills the cat faster than curiosity. Being complacent can eventually lead to a desperate need for emergency action—or you can continue with your eyes, ears, and mouth covered and pretend nothing is going on. It's going to be very hard to do that. It's already hard to do that.

Are you going to get a new government? Yes—but not for the reasons you think. So be careful what

CLASSIC *Samuel*

Gems from the Library archives

You are on this planet with the spirit of a Guardian, and you know it. But the world has a way of playing chicken with bulldozers. You're sort of going to get smashed anyway, and you need the sword of the light of your passion, the joy of your heart, to keep you moving. And it's found so simply. It's found in the distillation of the joys, the fun, the success, the fantasy, the soothing, the delight, that which has made you move, that which is what you seek. In the distillation of these things, you can create a box, a gift box, that tells you what your gift is here. Because what gives you passion is also what you have to give this world. It's what you alone can give it, in your unique way.

1/5/1997

you wish for.

In the past few months, you've several times mentioned the importance of the physical body, hinting that there are compacts or meetings that may be unfulfilled because of physical issues. Please explain what you mean by that.

When somebody thinks I'm hinting about something, it probably means they have an issue that what I said caused them to think about—more than it actually being a hint. When I give hints, I usually say, "Hint, hint. Here it is."

Just as in the last six months of this year, during the first three or four months of 2026, physical, mental, emotional, and spiritual weaknesses are going to show up. In addition, people who have decided they're not going to complete their journey—mind you, that means they will have another chance; you will always complete your journey—but there are people who have decided, "I've got a portal, I'm taking it," and so you will see people you love, or creatures you love, leaving or being put into situations in which that decision has to be made.

It's really a matter of: you do the work you came here to do, or you're gone. All over the world—not just Guardians—all over the world.

You—not just Guardians—have had a very long time now to look at core issues. The planet has been in Sacred Status, meaning more than half of the life force—and I don't mean more than half of the human population, but of life force—consciously recognizes Spirit.

About the only things that are unconscious, in either a non-individuated group-soul sense or an individuated-soul sense, are mites, or maybe some single-cell life forms. The mites that live in your skin probably aren't going to say, "Ooh, I've got a spiritual nature!"

The whole planet is now facing the Ascension process, and the Ascension process is about action—not just mental stuff. "I recognize" has moved to "I will, I can, I do, I am" as stages of Ascension. The whole planet's life force is going to have to decide, because, again, it will take at least half of that life force to shift that reality.

Sacred Status opened a new timeline. Fifth-Density frequencies became available. Ascension began. But like with Sacred Status, the fact that the door is unlocked and you can pull it open does not mean it's wide open. It means it's unlocked and

there are tendrils that can move through.

This is a very important time on the planet. You need to be at your best—*consciously*. That means realizing you have choices in front of you, and being unconscious isn't one of them. You're going to be forced into moment-by-moment consciousness all the time. And that means you're going to know when you're slacking off, when you're indulging in behaviors that are not helping your Fifth-Density frequencies. You're going to *know* the choices you're making that are creating hardship in your life or in the lives of people you care about. You're going to know those things because your consciousness has been awakened into action.

That is going to have a profound effect on Guardians, on mass consciousness, and on all life force.

When you talk about all of life force, I'm assuming it doesn't include the mineral kingdom, because it's already Ascended?

Correct.

At the September first-Sunday meeting, you said what has been moving in space-time is now moving into time-space. Please explain what's meant by this, including why it's happening.

This is a very short and easy answer. Space-time is your physical universe as you know it. Time-space is the energetic flow from which you build your universe.

The Crystalline Gate opening means the ability to create your universe is becoming part of the elements you have regular access to within your current experience.

S

Samuel is pure, unlimited energy, an intelligence that has communicated through Lea Schultz since 1984, working in the energy of those in his presence to assist them in their spiritual development.



Lea Schultz

December Events with Samuel

Festival of Light and High Ritual with Samuel

This year's winter solstice ritual and celebration are extra-special because the 5D Crystalline Gate is open! At the Festival of Light, Samuel will work with us in a ritual that will boost the power, energy, and Love of the gate-opening ritual done in Greece. We'll join together to amplify 5D Love in our world and in our own hearts, and we'll receive Samuel's special holiday message.

Join Samuel and your Tribe for this transformative event!

Sunday, December 21, 2025
7:00 p.m. ET*

**2
FREE
EVENTS!**

New Year's Eve Message from Samuel

Samuel brings us a message that will help us move into the new year with hope! As we open into 2026 in 5D Love with Samuel's humor and wisdom, this is sure to be an unforgettable gathering!

Wednesday, December 31, 2025
7:00 p.m. ET*

***Both events begin at 7:00 p.m. ET to best accommodate our
national and international participants.**

- Zoom link will be provided via the Phoenix Institute email list for each event.
- Sign up for the Phoenix Institute email list: phoenixinstitute.org
- Both events are free, yet donations are welcome: phoenixinstitute.org/donate

Questions? Contact Angela Henson at:
dec-events@phoenixinstitute.org

Samuel

r e s p o n d s . . .

Please explain how animals decide it's time to leave their bodies. For example, do dogs have portals for leaving the planet like people do?

They have a timed-release portal—they don't have portals, plural. Creatures are here with a span of time, which is different for all of them. They come here, live that span, and go. Unlike humans, they don't consciously do things that affect their lifespan; they don't smoke cigarettes for thirty years and wonder why they have lung cancer.

The group soul ultimately sets that span, but in creatures that spend a lot of time around humans, particularly Guardians, the group soul is very weak and the individuated self is strong. In those kinds of situations, that portal can become elastic. Instead of being a set thing, it's more like "around this time."

There is no life force on this planet except humans that think death is the end. Humans are the only ones who feel that death is a loss.

What EarthLight's dog, Finn, experienced when his brother, Cullen, died wasn't "He's dead and gone" so much as "My routines of joy have been disrupted; I would like that joy back." They miss, they grieve, but they're not dependent, not worried about it. Big difference.

And certainly the whales are not worried about death. And the trees aren't pushing to be better lest they be punished.

Is the answer different for farmed animals?

Farmed animals are around humans, but not like your dogs, cats, reptiles, or aquarium fish.

Farmed animals have very short lives, often ended by humans. They don't die of natural causes like our pets tend to as they age. I wonder what the group soul of the farmed animals decides.

The same sort of decision that a child born with a profoundly defective heart who lives a week has chosen.

But a child would be an individuated soul.

Yes, but I was just trying to let you know that

it's not just farm animals that might choose a very short life.

What would be a reason for a farm animal to have a very short life? Why would it choose that? Why would the group soul of bovines allow a male calf to be born to a dairy herd? They get sent away, separated, often killed. So why would it do that? Perhaps they are an energy that's ready to move into a higher level of consciousness, and have no need to be embodied for a very long time.

You mentioned about animals not fearing death, but most images and videos from slaughterhouses don't seem to agree with that.

Well, there is a massive difference between not seeing death as an end—and therefore seeing it as a natural part of life and not fearing it—versus being surrounded by screaming, bloody, fearful, death smells and sounds and being herded into a tiny place. That's a massive difference, between naturally dying and being murdered.



How quickly is the energetic ceiling that results from consuming animal-based foods released after removing them from your diet?

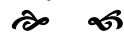
Well, it's not an automatic process. It really does take a while without help.

In Greece, two days before the ritual, you asked the group to stop eating animal-based foods.

That took a lot of help.

Generally speaking, for most people, it takes a significant period. Your whole biome has to retrain. Guardians are indulgent and especially don't like being told what to do.

It might be a nice reminder to people that eating animals puts a ceiling on your ability to rise up to consistent 5D function. You might think skipping animal-based foods for a few days before a ritual is enough, but without help, it's not.



Please explain if fluoride is still a challenge for our spiritual health in 5D.

I want to be as clear as I possibly can. Functioning in 5D is profoundly clearing. So the question is, are you functioning in 5D actively every moment? And you know if you are or are not. If you are not, your pineal is not going to have the time to become unoccluded; then it's like stripping years of

rust off a tool that you found in your grandfather's barn. But as you function in 5D, your need to protect that pineal doesn't become a necessary part of your lifestyle hygiene.

Specifically, fluoride: In the United States, fluoride is a byproduct that has been found to help people's teeth by keeping bacteria away. Using it is a choice, as with anything else in your life. If there is something that benefits you and you know it, and you've not been using it because I have said don't, or you have read something, or the internet tells you not to do that—that's the wrong reason. You do it because it's right for you. And you're making the choice to either take on the harm of [pineal] occlusion or not take on the harm by choosing other options.

If you are functioning in 5D, it doesn't matter, assuming you are doing the minimal protective behaviors for keeping your body going. Do people do that? Not so much.

Does it mean the pineal is suddenly not occluded...

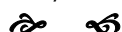
No

... or does it just mean we are not negatively impacted by the occlusion?

Yes, and it means it will clarify over time.

But we need to be living 5D for that to happen?

It's not because the world is in 5D. You must be living it in a sustained way.



I believe that the saints and gods worshipped on Earth for centuries are really extraterrestrials, and many of these beings are still channeled. Who were and are these ETs? Where are they from, and why do they continue with this deception?

I will only say this much: what you give your power to becomes stronger.



Please explain autism from a spiritual perspective. What are the causes, and what's the best approach to help someone on the autistic spectrum?

Autism is a syndrome, a collection of symptoms and behaviors. It's all about levels of sensitivities to

power. For instance, there's sometimes a strong sensitivity to loud sounds and too much impact from conversation. Learning to use earplugs or headphones that silence or block out some of that incoming power helps. It tends to be a syndrome of overly sensitive neural pathways. I see it fairly often because I've more or less decided that everybody has a small amount of that spectrum of symptoms—neurodivergence, that's the word I was looking for. Everybody's a bit neurodivergent from everyone else; some far more than others.

Your world loves to put behavior in boxes: if you have these behaviors, that means you are autistic, and if you have these behaviors over here, you are psychopathic, and these behaviors are narcissistic.

Really, everybody is a combination of all of those. I don't see autism as a terrible thing, for the most part. But like any chronic condition, the way one

adapts in order to function—be it on and off the autism spectrum, or be it on and off the Guardian spectrum [laughs]—is everything. That's what matters. You're put in this box, have this label branded onto you. You can choose to live with it, ignore it, or see it and push beyond it.

I recognize that there are profoundly mentally disabled children and adults in this world. Is there one cause for it? I think there are a host of causes, plastic in the placenta, environmental disasters, chemical compounds you don't even think about. They affect you. But everything in your life is *for* you. It's not happening to you.

A last little bit: A child that comes in with a strong autism disorder is usually doing it for the parents.



How effective is Pope Leo XIV going to be in guiding the Catholic Church in this new 5D world?

Why do we care?

He is making some interesting decisions, and that impacts huge numbers of people.

Indeed.

Is he really capable of helping people get into that 5D frequency from within the Church?

The structure of religion itself isn't a 5D structure. But within any structure, there will always be shining lights that can make a difference, and—and this is a

very unlikely thing to say—as long as the power isn't abused, then the loving intent can shine. But the structure itself is eroding. It is built on a fragile, outmoded, fear-based system. Having said that, some of the first things he's come out with have been very inclusive. But I see far more harm being allowed than the small bits that he's saying are good. The light at the end of the tunnel doesn't mean that it's not dark all the way through the tunnel—and religion is the tunnel.



Conservation groups around the world are engaged in breeding programs to help save endangered species. Yet you have said that anything not in line with 5D frequency will inevitably fade away. Can anything be done to raise the frequency of these animals so they will survive?

You don't want them to survive. You don't want that. All life force functions in a cyclical fashion, and when it is no longer able to function on the earth as it is, it needs to literally evolve or die. Now, there are some things you don't want to see go. Mammoths, were quite cute when they were babies, but their environment was no longer capable of sustaining them. Add to that, humanity is encroaching on wild spaces faster than most species can repopulate a new arena. So humanity is making it untenable for many types of life force to function. So, should they be forced to live in a very tenuous way, in a place that cannot meet their bare necessities? I don't think so.

That said, some species, like the wolves returned to Yellowstone, help ecosystems return to balance. Helping the wolves live and putting them back into the environment was a very good thing. And there are species like that that have a primary force within the given landscape—like beavers, for instance.

A natural extinction occurs because species cannot function in this world. So the question is, can the world be changed to fit them? Humanity continues to answer no.

There is a lot that could be said here. In 5D with Creation Force, far more creatures could happily coexist within an ecosystem, but with eight billion people in your world right now, you don't have room, even functioning at your best. So notice that one of the species going extinct right now is humans. Birth rates are down and death rates are

up. Life force will always find balance.



I heard you say medicine is about to make a big leap. Please explain what that leap will be like.

Two important directions: one is artificial intelligence working to help in the diagnostic process, and the second is nanomachines helping within the healing process.

Artificial intelligence has already brought huge changes in the scientific community with regard to . . . I'm trying to think if there is an area of medicine that has *not* been affected. Massive leaps! Doctors are playing catch-up these days; scientists are proving ideas that AI has put forth. It has revolutionized vaccines, T-cell production to help with immune diseases. It's so big.

And it's only going to get bigger. Already, straight out of science fiction, tiny machines can be injected into the blood to clear arteries, to force the body to release particular chemicals out of the brain. Massive, massive change, and those are just two areas.

Working with the brain is so different today than it was a year ago. The incurable is becoming curable more and more often right now. I can only begin to enjoy the view of what you will see three years from now. It's a pretty amazing time. But it requires conscious thought [on the part of the practitioner] to make sure your patient is working *with* you for the healing—it should not be a passive process. And conscious thought is needed: "I have this access to greater intelligence or to this new machinery, but is it the best for this situation?" That's true in everything, isn't it? Every day, it is conscious thought.



CLASSIC *Samuel*

Gems from the Library archives

Merging is an act of love, but more than that it is an act of synthesis—letting go of you to expand into more—and is that not what this path is about? Learning to recognize that you are at one, that you are the creator as well as the creation?

6/1/1997

Writers' Gallery

Be honest. Have you ever completely read one of the privacy notices that come along with so many documents these days? I usually give up before I get to paragraph 36 (g) and long before I discover that there is a Chinese, Himalayan, Moroccan and Christmas version at the end. I mean I'm thankful that someone in Congress is protecting me, but I really don't have the time or interest to spend two and half hours reading and figuring out what the lawyers want me to know so they can protect their corporations.

I must admit that I was already practicing this rather lax behavior when I got the "You are Scheduled for an Incarnation on Planet Earth" letter. Yes, I admit, I was impatient to get going and more than ready to zoom in and try my parents out, so it was entirely in keeping with my character that I just signed the thing without reading the fine print. Big mistake.

Which brings us to the matter of blueprints. Years ago, Samuel told me that I had chosen a weak body, but at the time I was in my mid-forties, and with the help of ibuprofen, my physical was functioning well. I was active and enjoying my favorite pastime—gardening—which meant I was bending and weeding with the best of them, so I'm afraid that I ignored his warning. If only I'd read the fine print in my compact pertaining to blueprints before I came here! And so, as routine physical exams began to show more and more physical issues popping up, I started to pay attention.

Which brings us to the part about physical exercise and the fact that I'm not a fan. In the past few months, Samuel has been stressing again the need for us to

keep our bodies in tip-top shape so that we can continue participating in the Ascension process, but if you share my disinclination towards exertion, I can lend you the big book of excuses I use to get around doing the stretching exercises for

my back and neck, the twenty minutes a day on the stationary bike the orthopedist says will keep my arthritic knees going, the yoga exercises for balance, the . . . well, you get the idea. Really boring stuff! So yeah, if you can use it, I've pretty much got the book memorized. Which reminds me, I have some important reading to do, then a much-needed nap, and I'm behind on my knitting project. So busy . . .

At the August first-Sunday meeting, Samuel said (my words) that a whole lot of humans have physical issues, but they grieve about what they have lost rather than taking action. He went on to say that it was important to set a new baseline based on who you are right now and what you *can* do rather than mourning the past. Those words fit right in with the current 5D energy, which is about building the new and letting go of the past. He went on to give the example of a glass of water that you keep putting rocks into until there are more rocks than water and your life becomes about the rocks, which are not a reflection of who you are now.

I can testify that managing an aging body and making wise physical choices are not always easy. I sometimes feel as if I'm held together with chewing gum and duct tape, and I spend so much time at various doctors that my calendar rarely has a week without at least one trip to a health specialist. It truly is easy to get overwhelmed and let things slide.

There are always excuses not to act, but as Samuel pointed out in August, anytime we feel uncomfortable, we are the one keeping us there. We all chose our particular physical blueprint for a reason, and honoring what we *can* do rather than regretting what we have lost is the way to live in a new 5D world. I have had to let go of my excuse book and move on to rebuilding. Am I successful? Not always, but seeing taking care of my physical as a part of loving myself helps. As Samuel pointed out recently, everything in our life is done *for* us, not to us. So seeing my physical issues as a blessing, not a challenge, helps me keep climbing on that stationary bike.

B L U E P R I N T S

by

Paula Thomson

In the Vegan Kitchen

by Paula Thomson



If you have never eaten a delicata squash, you are in for a real treat. These winter squashes are notable for having edible skin, and are available in grocery and health food stores from late summer through mid-winter. They are so delicious that they can be seasoned with nothing more than olive oil, salt and pepper.

Roast Delicata Squash

Move the oven rack to the lowest position and preheat the oven to 425°. Have a baking sheet ready that is big enough to hold all of the squash slices.

Take 2 medium-sized organic delicata squashes and rinse the outsides well, because the skin is edible. Cut off the ends and slice the squashes lengthwise into halves. Use a spoon to remove the seeds and fibrous flesh. Cut each half into 1-inch slices (the size is important so that the slices don't shrivel up during cooking) and transfer the slices to a large bowl. Add 2 TBSP of virgin olive oil, salt, and pepper to taste and toss to evenly coat the slices.

Transfer the slices to the baking sheet, spacing them evenly. Roast until they are golden brown on the bottom, about 12 minutes. Flip each slice, rotate the baking sheet 180 degrees, and return it to the oven for about 10 minutes, until the second side is golden brown. Remove from oven, transfer the slices to a platter, and serve.



Serves two people as a main dish or four as a side.