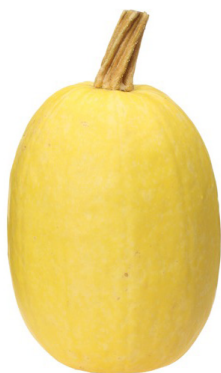




# PICKING YOUR WINTER SQUASH



## SPAGHETTI SQUASH

THE FLESH SEPERATES INTO STRANDS WHEN THIS SQUASH IS ROASTED, SO IT CAN BE SERVED LIKE PASTA.



## BUTTERNUT SQUASH

THIS IS A REAL CROWD-PLEASER: IT'S SUPER FLAVORFUL AND SWEET. USE A VEGETABLE PEELER TO REMOVE THE SKIN.



## DELICATA SQUASH

ALSO CALLED SWEET POTATO SQUASH, THIS VARIETY IS THIN SKINNED, SO YOU CAN EAT THE PEEL AFTER ROASTING.



## KABOCHA SQUASH

THIS JAPANESE SQUASH BECOMES EXTRA CREAMY WHEN COOKED, SO IT'S GREAT PUREED FOR SOUP.



## SUGAR PIE PUMPKIN

THIS LOOKS LIKE A SMALL FIELD PUMPKIN, BUT IT'S FOR COOKING: THE SWEET FLESH IS PERFECT FOR PIES.



## HONEYNUT SQUASH

LOOKS LIKE A MINI BUTTERNUT SQUASH BUT HAS A SWEETER, DARKER FLESH. SIMPLY ROASTING WILL ENHANCE THE NATURAL FLAVOR.



## KOGINUT SQUASH

MOST POPULARLY SLICED IN HALF WITH THE SEEDS REMOVED, ROASTED TO CREATE A SOFT, TENDER, AND CARAMELIZED CONSISTENCY.



## CARNIVAL SQUASH

WHEN COOKED, IT'S FLESH IS SOFT AND TENDER. IT IS SLIGHTLY NUTTY, BUTTERY, AND SWEET WITH NUANCES OF MAPLE SYRUP.