



# 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.



### **HONEYNUT SQUASH**

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



### **SUGAR PIE PUMPKIN**

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



### **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.



### **BUTTERCUP SQUASH**

SWEET AND CREAMY , ROASTING SLICED BUTTERCUP SQUASH RESULTS IN A SWEET, TENDER FLESH WITH A SLIGHTLY CRISP, CARAMELIZED EXTERIOR. ALSO GOOD FOR SOUPS AND SEEDS CAN BE ROASTED FOR A TASTY SNACK.



### **ACORN SQUASH**

MILD SWEET, BUTTERY TASTE, SLIGHTLY MORE FIBROUS THAN BUTTERNUT SQUASH. BEST BAKED OR ROASTED.



### **SWEET DUMPLING SQUASH**

SWEET, NUTTY FLAVOR AND A SMOOTH, CREAMY TEXTURE. ITS FLESH IS FAIRLY DRY, WHICH HELPS IT TO CARAMELIZE WHEN IT'S ROASTED.





### **CHEESE PUMPKIN**

WHEN COOKED IS TENDER AND CREAMY WITH A MILD, SWEET, AND EARTHY FLAVOR. GREAT FOR SOUPS.



### **BLUE HUBBARD SQUASH**

WHEN COOKED, IS TENDER AND STARCHY WITH A RICH AND SEMI-SWEET, NUTTY FLAVOR SIMILAR TO THAT OF COOKED PUMPKIN. IDEAL FOR BOTH COOKING AND BAKING, AND GREAT FOR MAKING PIE.



### **RED KURI SQUASH**

HAS A SMOOTH FLESH AND A RICH, SWEET FLAVOR THAT'S GOOD IN PIES, SOUPS, AND SIDE DISHES. ITS SKIN IS EDIBLE ONCE COOKED. PAIRS WELL WITH CREAMY INGREDIENTS LIKE DAIRY AND COCONUT MILK.