

PICKING YOUR WINTER SQUASH

HONEYNUT

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: its sweet flesh is perfect for pies.



KOGINUT

Most popularly sliced in half with the seeds removed and roasted to create a soft, tender, and caramelized consistency.



CARNIVAL

When cooked, its flesh is soft and tender. It is slightly nutty, buttery, and sweet with nuances of maple syrup.



SPAGHETTI

The flesh separates into strands when this squash is roasted, so it can be served like pasta.



BUTTERNUT

This is a real crowd-pleaser: it's super flavorful and sweet. Use a vegetable peeler to remove the skin.



DELICATA

Also called sweet potato squash, this variety is thin skinned, so you can eat the peel after roasting.



KABOCHA

This Japanese squash becomes extra creamy when cooked, so it's great pureed for soup.



BUTTERCUP

Sweet and creamy, roasting slices results in a sweet, tender flesh with a crisp, caramelized exterior. Good for soups. Seeds can be roasted for a tasty snack.



ACORN

Mild, sweet, buttery taste, slightly more fibrous than butternut squash. Best baked or roasted.



SWEET DUMPLING

Sweet, nutty flavor and a smooth, creamy texture. Its flesh is fairly dry, which helps it to caramelize when roasted.

