

# WINTER SQUASH VARIETIES

## A Shoppers Guide

### Acorn Squash

The slightly dry, orange colored flesh of the acorn squash have a definite nut-like flavor. Their large seed cavities are perfect for stuffing, and they are best when baked.



### Butternut Squash

The flesh of the butternut squash is a deep orange color, with a distinctive butterscotch flavor that most people find delicious. They are quite tasty either steamed or baked and are excellent topped with maple syrup! The smaller squash tend to be the sweetest.



### Buttercup Squash

Although it looks quite different from the butternut squash the buttercup has a very creamy, orange colored flesh much like that of the butternut. Its flavor is not as rich as the butternut, but is still quite sweet.



### Delicata Squash

The delicata squash has a moist, creamy yellow flesh that tastes and smells like a blend of corn, butternut squash and sweet potato. It is often referred to as the sweet potato squash. They are best eaten when steamed or baked.



### Golden Nugget Squash

The moist, smooth bright orange flesh of the golden nugget squash has a very mild squash flavor, which can range from very sweet to a more bland flavor. They can be scooped out and baked whole like pumpkins or split and baked.



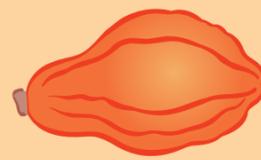
### Kabocha Squash

The mustard color flesh of the kabocha squash is very sweet and rich tast-ing. Its texture is floury dry, like a balance between a sweet potato and a pumpkin. It has the highest sugar content of any squash, and is excellent baked as a side dish or stuffed.



### Hubbard Squash

The hubbard squash has a very sweet, dry orange flesh. They are excellent in pumpkin pies, and actually have a thicker, firmer texture than fresh pumpkin, they "set up" easier and require less sweetener than pumpkin.



### Oranghetti Squash

The oranghetti squash is a hybrid variety of the spaghetti squash and can be used similarly to it. Once cooked, the strands of squash in the center can be scooped out and cooked up much like pasta.



### Turban Squash

Although often used as a gourd for decoration purposes, the turban squash is very edible. Its orange-yellowish flesh is very sweet with a hazelnut-like flavor that most people find very delicious. Its texture is dry.



### Spaghetti Squash

Once cooked, the creamy golden flesh separates into miles of swirly, crisp-tender, spaghetti-like strands. The taste by itself is rather bland, but used as a pasta substitute with your favorite sauce and this squash comes to life, with far fewer calories than pasta as well!



### Sweet Dumpling Squash

The sweet dumpling squash, although small in stature, packs a wallop in the flavor department. The sweet, tender flavor of this squash coupled with its moist texture is a favorite of many.



### Red Kuri Squash

The red kuri squash has a very rich, sweet flavor that almost has a spiciness to its taste. Although not as thick in texture as the kabocha, it still holds together well and is excellent either baked either whole or split.



### Pumpkins

Generally thought of only as a cooked vegetable, pumpkin can be eaten raw and is delicious when very finely grated and served in combination with grated carrots and beets as a base for salads.



Marrows, squashes and gourds are all part of a large family of edible gourds that grow on vines. It is possible that squash was the very first food to be cultivated by Native American Indians; it seems at least to have been the first within what has been called the Indian triad - maize, beans and squash. Winter squash are slower growing than summer squash varieties, with months passing from the time they blossom until the time they are mature and ready to be harvested in the fall. Their dense sweet flesh reflects a whole summer of accumulating energy from the sun and soil.