



a shopper's guide

WINTER SQUASH VARIETIES

ACORN SQUASH

The slightly dry, orange colored flesh of the acorn squash have a definite nut-like flavor.

BUYING TIP: Large seed cavities are perfect for stuffing, and 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!

BUYING TIP: 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.

BUYING TIP: 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.

BUYING TIP: 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.

BUYING TIP: 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 tasting. Its texture is floury dry, like a balance between a sweet potato and a pumpkin.

BUYING TIP: Has the highest sugar content of any squash, excellent baked as a side dish or stuffed.

HUBBARD SQUASH

The hubbard squash has a very sweet, dry orange flesh. Have a thicker, firmer texture than fresh pumpkin, they "set up" easier and require less sweetener than pumpkin.

BUYING TIP: Excellent in pumpkin pies.

TURBAN SQUASH

Its orange-yellowish flesh is very sweet with a hazelnut-like flavor that most people find very delicious. Its texture is dry.

BUYING TIP: Often used as a gourd for decoration purposes.

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.

BUYING TIP: Great pasta substitute with far fewer calories.

SWEET DUMPLING SQUASH

The sweet, tender flavor of this squash coupled with its moist texture is a favorite of many.

BUYING TIP: Packs a wallop in the flavor department

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.

BUYING TIP: Can be used as a base for salads.