

Winter Squash Guide



Acorn

Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.

Best uses: baked, stuffed, cubed and added to grain salads



Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.

Best uses: baked, mashed and topped with butter, sea salt and black pepper



Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.

Best uses: soups, purees, recipes where smooth texture is highlighted



Delicata

Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.

Best uses: sautéed until caramelized, broiled, baked



Heart of Gold/Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.

Best uses: baked, stuffed, broiled with brown sugar

Kabocha (Green/Red)

Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.

Best uses: curries, soups, battered and fried as Japanese tempura



Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.

Best uses: pies, custards, baked goods, curries and stews



Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety puree.

Best uses: Thai curries, soups, pilafs and gratins, baked goods



Spaghetti

Pale golden interior is stringy and dense — in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.

Best uses: baked and separated, then dressed as you would pasta



Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.

Best uses: baked with butter and cinnamon



Check out winter squash recipes at www.strongertogether.coop/winter-squash