

# Winter Squash Varieties

Check our Web site and Facebook page, as well as our e-newsletter, for recipes and further preparation tips!

	<p><b>Acorn Squash</b> - Easily found in supermarkets. As its name suggests, this winter squash is shaped like an acorn. One of my favorite baking squashes, it's easy to slice into halves and fill with butter.. A small acorn squash weighs from 1 to 3 pounds, and has sweet, slightly fibrous flesh. Its distinct ribs run the length of its hard, blackish-green or golden-yellow skin. In addition to the dark green acorn, there are now golden and multi-colored varieties.</p>		<p><b>Buttercup Squash</b> - Buttercup Squash are part of the Turban squash family (hard shells with turban-like shapes) and are a popular variety of winter squash.</p> <p>Has a sweet and creamy orange flesh. This squash is much sweeter than other winter varieties. Buttercup Squash can be baked, mashed, pureed, steamed, simmered, or stuffed and can replace Sweet Potatoes in most recipes.</p>
	<p><b>Ambercup Squash</b> - A relative of the buttercup squash that resembles a small pumpkin. Bright orange flesh has a dry sweet taste. Has an extraordinarily long storage life.</p>		<p><b>Butternut Squash</b> - Beige colored and shaped like a vase. This is a more watery squash and tastes somewhat similar to sweet potatoes. It has a bulbous end and pale, creamy skin, with a choice, fine-textured, deep-orange flesh with a sweet, nutty flavor. Some people say it is like butterscotch. It weighs from 2 to 5 pounds. The orange the color, the riper, drier, and sweeter the squash.</p>

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**Autumn Cup Squash** - A hybrid semi-bush buttercup dark green squash. Rich flavored flesh and high yields. Fruit size 6 inches with a weight of about 2 to 3 pounds.



**Carnival Squash** - Cream colored with orange spots or pale green with dark green spots in vertical stripes with golden flesh. Carnival Squash have hard, thick skins and only the flesh is eaten. It is sometimes labeled as a type of acorn squash. The delicious yellow meat is reminiscent of sweet potatoes and butternut squash and can be baked or steamed then combined with butter and fresh herbs.



**Kabocha Squash** (Also known as a Ebisu, Delica, Hoka, Hokkaido, or Japanese Pumpkin)  
- Kabocha is the generic Japanese word for squash, but refers most commonly to a squash of the buttercup type. Kabocha Squash may be cooked whole or split lengthwise (removing seeds). It has a rich sweet flavor, and often dry and flaky when cooked. Use in any dish in which buttercup squash would work.



**Sweet Dumpling Squash** - This small, mildly sweet-tasting squash resembles a miniature pumpkin with its top pushed in. Weighing only about 7 ounces, it has sweet and tender orange flesh and is a great size for stuffing and baking as individual servings. Sweet dumplings are tiny but great for roasting and presenting whole.

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**Delicata Squash** - Also called Peanut squash and Bohemian squash. This is one of the tastier winter squashes, with creamy pulp that tastes a bit like corn and sweet potatoes. Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The thin skin is also edible.



**Spaghetti Squash** - A small, watermelon-shaped variety, ranges in size from 2 to 5 pounds or more. It has a golden-yellow, oval rind and a mild, nutlike flavor. It can be stored at room temperature for about a month. Spaghetti squash also freezes well. To prepare, cut the gourd in half lengthwise and remove the seeds, then bake or boil it until tender. Or, wrap it in plastic wrap and microwave on high for 10 to 12 minutes. Once cooked, use a fork to rake out the "spaghetti-like" stringy flesh, and serve.



**Orange & Specialty Pumpkins** "Sugar pie" and other pumpkins make for great eating and can be used just like Acorn Squash. The smaller specimens can be hollowed out, roasted until tender, and filled with savory custards or small portions of soup for a fun dinner party treat. You can bake, roast, mash, or puree these eating pumpkins just like other winter squash.

Unusual pumpkins such as Silver Moon offer variations in color, shape and texture.



**Hubbard Squash** - The extra-hard skins make them one of the best keeping winter squashes. These are large and irregularly shaped, with a skin that is "warted" and irregular. Skin is blue/gray and ends are taperer. They have large, fully developed seeds that must be scooped out, and a dense flesh. Longer cooking times in the oven are needed. They are peeled and boiled, cut up and roasted, or cut small and steamed or sautéed. Perfect for pies.