

# Winter Squash 101



Keep your **Field Pumpkins** for Halloween decorating or use it as a soup bowl or beverage dispenser once emptied. For baking and cooking, choose the smaller, round pumpkins; **Sugar/Pie/Sweet Pumpkins**. These have the best sweet flavor and perfect texture. Halve them and roast cut side down, then scoop all the flesh out. Tip: a 4 pound pumpkin yields 1 ½ cup of purée.

The **Acorn Squash** has a deep green rind and pale yellow flesh. If you find one that has turned orange, avoid it as its flesh will be too fibrous and tough. It has a unique mild flavor combining sweet, nutty and peppery notes. Halve it, bake it and then roast it with a bit of maple syrup for a quick nutritious dessert or use it as the perfect bowl for various stuffing.



The **Heart of Gold Squash** is a hybrid of the Acorn Squash. Its shape resembles that of the Acorn, but its rind is a creamy white color with dark green or orange stripes. The texture of its flesh is also like that of the Acorn, tender and firm, but its flavor is sweeter.

The **Butternut Squash** is the most commonly used winter squash and also the sweetest variety. Known for its large pear shape, this squash has a smooth, cream colored skin, a sweet flavored deep orange flesh and few seeds. Similar in taste and texture to a sweet potato, but with half the calories, carbohydrates and sugar per serving! Tip: try using a vegetable peeler to remove its rind more easily.



The **Butterkin Squash** is a new variety of the Butternut Squash with the round, ridged shape of the pumpkin. Just like the Butternut, its flesh is deliciously sweet and creamy/smooth in texture. Tip: Use it in any recipe that calls for pumpkin or butternut squash; ravioli stuffing, pies, soups, etc., or simply cut it into wedges and roast.

The **Buttercup Squash** is squat and round, has a green skin with paler green striations and a dense, bright yellow-orange flesh. It is often distinguished by a round ridge it has on its bottom. Once cooked, it has a firm texture and a sweet flavor, sweeter than most winter squash. Tip: Its texture is dryer than most squash, so steaming and baking are the best cooking methods.



The **Spaghetti Squash** has a cylindrical or oblong shape and pale cream to bright yellow skin. Unlike the other winter squash, its flesh lacks sweetness and has a very mild flavor. Once roasted just use a fork to pull apart the inside flesh into strands and you'll understand exactly where it got its name from. Add some homemade tomato sauce, freshly grated Parmigiano and Buon Appetito!

The **Delicata Squash** has a creamy white skin striped with green or orange, depending on maturity, and yellow colored flesh. It has a tart apple taste when eaten raw, and a sweet chestnut or hazelnut flavor when cooked. Its skin is thin and edible, but also more susceptible to bruising and rotting. Tip: it is one of the quickest cooking winter squash!



The **Stripetti Squash** is a cross between the Delicata and the Spaghetti squash varieties. Like the Spaghetti squash its flesh also separates into spaghetti-like strands, but from the outside it looks like a big Delicata or like a small watermelon. When cooked its flavor resembles that of sweet potatoes.