



## GENERAL INFORMATION: **WINTER SQUASH VARIETIES**

*The variety of winter squash available can be overwhelming. Here's a short primer, but remember, it's hard to go wrong! Most varieties can be used in place of others – just remember that spaghetti squash gets very stringy when cooked, so it won't substitute well for smooth-fleshed varieties.*

### **VARIETIES**

#### *Acorn*

Dark green, ribbed exterior, with occasional blotchy orange markings. Yellowish orange, nutty interior. Best uses: Roasted, with maple syrup or honey and butter. Stuffed & roasted.

#### *Buttercup*

Dark green with lighter green stripes. Medium sized, heavy, and flattened. Yellowish orange, sweet flesh. Best uses: Roasted. Roast then mash for use in pumpkin pie or baked goods.

#### *Butternut*

Tan, elongated, with a bulbous end. Widely available, smooth & creamy dark orange flesh. Very sweet. Best uses: Roasted. Roast then mash for use in pumpkin pie or baked goods. Can be used in recipes, as a substitute for sweet potatoes.

#### *Delicata*

Cream to tan oval fruits with orange or green flecks and stripes. Creamy orange flesh. Skin is tender enough to be eaten. Heirloom. Best uses: Roasted. Stuffed and roasted.

#### *Hubbard*

Extra-large, blue grey (Blue Hubbard) or deep orange (Red Kuri), teardrop shaped squash. May be flattened on one side or appear lumpy. Dense yellow flesh, less sweet than other varieties. Best uses: Stuffed and roasted. Roast then mash for use in pumpkin pie or baked goods.

#### *Kabocha*

Dark green or bright orange bumpy, rounded exterior. Small-medium sized. Very sweet, deep orange interior. Best uses: Roasted. In tempura. Roast then mash for use in pumpkin pie or baked goods. In place of sweet potato in any recipe.

#### *Spaghetti*

Large, deep yellow, oval squash. Bright yellow interior. Very stringy when cooked. Best uses:

Roasted, then sautéed with butter and maple syrup. Roasted then served with sauce like pasta.

#### *Sweet Dumpling*

Cream colored squash with dark green stripes, small enough to be single serving. Round with flattened top. Dark orange, sweet interior. Best uses: Roasted. Stuffed and roasted.



AN EDIBLE SCHOOLYARD PITTSBURGH STUDENT HARVESTS A BUTTERNUT SQUASH

### **ROASTING WINTER SQUASH**

1. Wash the squash and carefully cut in half length-wise.
2. Scoop out the seeds. For a nutty treat, clean the seeds, coat them lightly with oil, and roast until golden brown. Salt to taste.
3. Place squash cut-side down on a rimmed baking sheet and add a quarter inch or so of water.
4. Roast at 400 degrees for about 30 minutes or until soft.