

All about SQUASH!

Whether roasted, pureed, or sautéed, squash can be prepared in endless different ways. Explore the unique characteristics of these common types of squash, then try one of these comforting, delicious squash recipes

Acorn

Shaped like an acorn, small, dark green, orange, or tan colored squash has a ribbed shaped rind and a moist yellow or orange interior that is loaded with fiber. When halved for roasting, acorn squash can be used as a natural bowl for fillings, such as apples, currants, and chestnuts.



Great for: Roasting. Peeling is difficult, so cut it in half or slice (the skin is edible).

Butternut

One of the most common winter squash, this foot-long, bell-shaped variety has thin, butterscotch-colored skin and sweet, nutty flesh. Easy to peel, dense and creamy, it pairs well with a variety of flavors. It also has the highest doses of vitamins A and C.




Great for: Roasting and soups.

Calabaza

It's a sweet, juicy golden orange texture is close to butternut squash, with a tougher texture. Whole squash will keep up to 6 weeks in a cool, dry place; cut pieces should be refrigerated and will last for a week



Great for: West Indian and Mexican cuisines, as "Calabaza" translates to "Squash" in Spanish.

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| <p>Delicata (a.k.a. Potato Squash) Looks like a pale striped skinned cucumber with a creamy texture. Popular in the early 1900s, this heirloom variety is enjoying renewed favor thanks to its fine, creamy flesh, which tastes similar to sweet potatoes and butternut squash. And, yes, you can eat the skin (no peeling necessary)</p> |  <p>Great for: Roasting and stuffing.</p> |
| <p>Hubbard One of the larger varieties that can weigh from 8 to 20 pounds and range in color from orange to grayish blue. Skin is nubby and hard. The delicious yellow flesh is both savory <i>and</i> sweet. The flesh is high in sugar. A whole squash will keep for up to 6 months in a cool, dry place.</p> |  <p>Great for: Pie filling or mashed</p> |
| <p>Kabocha Originating in Japan, this pumpkin-shaped squash is new to the U.S. market. Flavors are of a subtle, honeyed sweetness with a smooth texture. The exterior is dark green and has light green stripes. It is drier and denser than most squashes. Best baked or steamed, like acorn squash, or pureed to give soups a buttery richness.</p> |  <p>Great for: Soups.</p> |
| <p>Pumpkin Best Known for Halloween. Bright orange skin and light orange flesh, round 2- to 8-pound specimens are best for cooking. (Larger sizes are more watery and less flavorful. The sweet flavor and dense flesh that's perfect for autumn baking.</p> |  <p>Great for: Pies, quick bread, pancakes, risottos. Roast or steam, puree</p> |

Spaghetti

This oval shaped yellow squash contains a stringy flesh that, when cooked, separates into mild-tasting, spaghetti-like strands. It can be used with tomato sauce like pasta, or simply enhanced with butter and herbs. Spaghetti squashes typically weigh 4 to 8 pounds; squashes on the larger side will have the best flavor and thicker “noodles.”



Great for: Roasting. Scrape out the strands and dress with butter or pasta sauce.

Zucchini

The most common squash variety. Zucchini is one of the very low-calorie vegetables. It contains no saturated fats or cholesterol. Its peel is a good source of dietary fiber that helps reduce constipation and offers some protection against colon cancers. A great source of potassium, and rich in Vitamins A, B, and C.



Great for: Salads, and mixing with other vegetables

Gray Squash

Also known as the Gray Mexican or Lebanese Squash. This variety is seen more in the summer months and can be mistaken for a heartier looking Zucchini. Just like the zucchini it's a low-calorie vegetable with a peel that is a good source of fiber. Great source of potassium, and rich in Vitamins A,B and C.



Great For: Salads, and mixing with other vegetables