



Squash

Buying Guide



Acorn / Golden

- Light orange / deep yellow flesh.
- Sweet, slightly nutty vegetable flavoured flesh.
- Great baked or steamed.
- Add to purées or sauces.



Green / Blue / Golden Hubbard

- Deep orange flesh.
- Sweet and flavourful.
- Perfect for soups and stews.
- Use for making pie.



Golden Nugget

- Orange flesh.
- Sweet and buttery in flavour.
- Bake whole or in half, nice in soups and risottos.



Butternut

- Orange flesh.
- Sweet, nutty flavour.
- Versatile in cooking, perfect for roasting and sautéing
- Use for pie filling or soup.



Carnival

- Pale orange flesh.
- Buttery, nutty and sweet.
- Delicious roasted and added to soups, pastas or rice dishes.



Delicata

- Yellow flesh.
- Tastes similar to a sweet potato.
- Shell is edible, simply roasted is delicious.

**Tip: Cut in half, drizzle with oil, maple syrup and a pinch of salt and roast in oven until tender. Yum!*



Buttercup

- Dark yellow / orange sometimes reddish flesh.
- Sweet, creamy and nutty.
- Great baked or steamed. Nice as potato replacement.



Kabocha

- Yellow-orange flesh.
- Very sweet in flavour.
- Very versatile. Add to soups, curries or roast in oven.

** Considered as an aphrodisiac in some cultures!*



Pie Pumpkin

- Mellow sweetness, dense flesh.
- Best roasted or steamed then puréed for pie filling, curries or soup.



Spaghetti / Stripetti

- Yellow flesh.
- Mild and sweet flavour.
- Flesh comes out like pasta strands when cooked.

**Top with pasta sauce or pesto!*



Sweet Dumpling

- Tender orange flesh.
- Mildly sweet.
- Caramelizing brings out pleasant sweetness. Great for mashes, soups or stuffed.



Turban

- Bright orange flesh.
- Nutty, deep flavour.
- Good for roasting, mashing and steaming.

