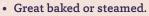


Acorn / Golden

- Light orange / deep yellow flesh.
- Sweet, slightly nutty vegetable flavoured flesh.



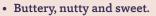
· Add to purées or sauces.

Golden Nugget

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

Carnival

• Pale orange flesh.



 Delicious roasted and added to soups, pastas or rice dishes.

Buttercup

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

Pie Pumpkin

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

Sweet Dumpling

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



Green / Blue / Golden Hubbard

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

Butternut

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

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!

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!

Spaghetti / Stripetti

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

*Top with pasta sauce or pesto!

Turban

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









