

Squash Varieties

Acorn

Sweet, slightly fibrous flesh. Great for baking.

Buttercup

Golden meat. Very sweet, succulent taste. Thick meat, fine grained.
Excellent stuffed, baked, microwaved and in soups, casseroles and pureed as a side dish.

Butternut

Golden orange meat is fine-textured with a sweet, nutty flavor.
Similar in taste to sweet potatoes. Excellent for baking, microwaving, in casseroles and pies.

Carnival

Golden flesh has a sweet, meaty texture. Bake or microwave.

Hubbard

Yellow flesh, fine grained. Sweet, nutty flavor that is very moist.
Great boiled, roasted, steamed or sauteed.

Spaghetti

Light yellow meat has a nutlike flavor with moist, strand-like texture.

Strand - like texture. Excellent baked, boiled or microwaved.

Sweet Dumpling

Mildly sweet, ivory colored meat.

Great for stuffing, baking or roasting.

Turban

Golden meat has a hazelnut-like flavor and thick, fine-grained texture.

Bake, steam or microwave.