

GUIDE TO HARD SQUASH



ACORN/GOLDEN ACORN

- Small and round like an acorn
- Sweet, slightly nutty vegetable flavored flesh
- Versatile in cooking, roasting
- Packed with fiber



HONEYNUT

- Like a mini-sized butternut
- Flesh is much sweeter and has more squash flavor than butternut



BUTTERCUP & KABOCHA

- Green skin
- Sweet & creamy orange flesh
- Kabocha aka "Japanese Pumpkin"



KOGINUT

- Cross between a Kabocha and Butternut
- Ideal halved and roasted
- Flavor is sweet, creamy, and nutty
- Smooth texture



BUTTERNUT

- Most popular hard squash variety
- Orange flesh
- Versatile in cooking, roasting
- Ideal blended for soup



RED KURI

- Japanese variety
- Orange exterior, yellow flesh
- Nutty & sweet



CARNIVAL

- Pale, orange flesh
- Relative of Acorn & Sweet Dumpling



SPAGHETTI

- Mild & sweet flavor
- Flesh comes out like pasta strands when cooked - hence the name



DELICATA

- Yellow flesh
- Tastes like a sweet potato
- Edible shell - no peeling needed!



SWEET DUMPLING

- Mildly sweet
- Tender, orange flesh



GOLDEN NUGGET

- Looks like a small pumpkin
- Sweet, orange flesh



TURBAN

- Gets its name from its unique shape
- Use as decoration, soup bowl, or a floral arrangement