

# GUIDE TO HARD SQUASH



## ACORN/GOLDEN ACORN

- Small and round like an acorn
- Sweet, slightly nutty vegetable flavored flesh
- Dark green skin, patched with orange
- Packed with fiber



## GOLDEN NUGGET

- Looks like a small pumpkin
- Sweet, orange flesh



## BLUE/GOLDEN HUBBARD

- Very hard skin
- Great for pie filling
- Excellent shelf life



## 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"



## RED KURI

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



## BUTTERNUT

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



## SPAGHETTI

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



## CARNIVAL

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



## SWEET DUMPLING

- Mildly sweet
- Tender, orange flesh



## DELICATA

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



## TURBAN

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

