



WINTER SQUASH FACTSHEET



RED KURI

- Red Kuri is a type of hubbard squash with a distinct chestnut flavor and starchy texture. Best roasted and used for soups, curries, breads, and pies.
- The skin is more tender than other hubbard varieties and **is edible!**
- Will store for a few weeks after purchase.



KOGINUT

- Koginut blends the smooth, even texture of Japanese kabocha squash with the rich, sweet flavor of butternut squash. They have a particularly creamy texture.
- Good for roasting and adding to a pasta dish, salad, or blending into a creamy soup.



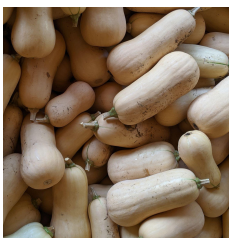
DELICATA

- Delicata is very sweet with tender, **edible skin!**
- This squash takes well to sautéing, steaming, microwaving, baking, simmering. They are especially good for stuffing and baking.
- They will keep well for a few weeks after purchase.



SPAGHETTI SQUASH

- Spaghetti squash cooks into translucent strands similar to pasta.
- Cut in half, remove seeds, and cook face down on a baking sheet until soft.
- Using a fork scrape the squash flesh into strands and serve with butter, tomato sauce, pesto, or your choice of pasta accompaniment.



BUTTERSCOTCH (BUTTERNUT)

- This miniature variety of butternut squash has a sweet nutty flavor and is best used baked or boiled.
- Pairs well with sage and is good pureed for soups, pies, and pumpkin bread, or sliced for salads, grain bowls, or roasted veggies.