



Butternut Squash

Butternut Squash has a tender orange flesh and has a flavor similar to sweet potatoes



Butternut Squash

Butternut Squash tastes like a nuttier version of the sweet potato and can be baked or steamed



Hubbard Squash

Hubbard Squash is best when boiled or baked and then pureed. It has a sweeter flavor. Some people use in place of pumpkin for pumpkin pie. It tends to be more dense than that of pumpkin



Sweet Mama Squash

This squash has a very sweet and nutty flavor



Sweet Dumpling Squash

Sweet Dumpling Squash has a sweet and tender flesh and is great for roasting and baking



Carnival Squash

This squash is a variety of Acorn Squash. It looks similar to the Sweet Dumpling however one end is pointed. Cooked squash can be frozen for up to a year



Spaghetti Squash

Spaghetti Squash flesh separates into long spaghetti-like strands. Great for Salads, or hotdishes. It has a mellow taste to it. It can be baked, boiled steamed and microwaved. The seeds can be roasted similar to pumpkin seeds
Cooking: Cut in half, bake with the rind side up about 30 to 40 minutes at 375
Microwave: Cut in half, 6 to 8 minutes
Boil: 20 minutes or so

Here are some of the Squash Varieties that we carry in the fall. We might not have all of these in at the same time



Delicata Squash

It has a sweet nutty flavor with a creamy smooth texture. This squash is mostly baked, but can be microwaved too



Acorn Squash

Acorn Squash is naturally sweet and slightly fibrous and the shape can make an decorative bowl



Turban Squash

Also called Turkish Squash has a yellow flesh and has a flavor of hazelnut



Delicata - Also called Peanut squash and Bohemian squash. This is one of the tastier winter squashes, with creamy pulp that tastes a bit like corn and sweet potatoes. Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The thin skin is also edible.

The delicata squash is actually an heirloom variety, a fairly recent reentry into the culinary world. It was originally introduced by the Peter Henderson Company of New York City in 1894, and was popular through the 1920s. Then it fell into obscurity for about seventy-five years, possibly because of its thinner, more tender skin, which isn't suited to transportation over thousands of miles and storage over months.

Available year-round - is best late summer through early fall.

Sweet Dumpling - This small, mildly sweet-tasting squash resembles a miniature pumpkin with its top pushed in. Weighing only about 7 ounces, it has sweet and tender orange flesh and is a great size for stuffing and baking as individual servings. Sweet dumplings are tiny but great for roasting and presenting whole.

Available throughout the fall.