

WINTER SQUASH AT THE FOOD CO-OP

Variety	Flavor / Texture	Best For
 Acorn	Earthy, slightly sweet and perfect for stuffing.	Great for roasting, baking, stuffing, broiling, sautéing, steaming, and grilling. It is most often prepared with its skin-on, as the skin is edible when cooked.
 Buttercup	Semi-dry, satiny, and smooth with a mild, sweet flavor similar to chestnuts or sweet potatoes.	It's best roasted or mashed into soups.
 Butternut	Mild squash flavor with sweet and nutty nuances.	It's ideal for soups, risotto, gnocchi and ravioli
 Black Futsu	Bright orange, firm flesh with a nutty flavor that's been compared to chestnuts.	Good for baking, soups, stews and roasting.
 Delicata	When cooked, is sweet, rich, and moist, much like a sweet potato.	It can be baked, sautéed, steamed or stuffed and you can eat the tender skin.
 Hubbard	Inside the seriously tough skin is a tender, golden yellow, fine grained, rather dry, dense flesh that offers a rich flavor.	Perfect in pies.
 Hokkaido Blue Kabocha	Super dry and flaky.	Lends itself to being baked whole and eating with loads of butter, cream or other sauces.
 Green Kabocha	Dry and flaky with a rich, nutty flavor reminiscent of sweet potato and pumpkin.	It's excellent in soups, mashed and in pies and cakes or bake it whole and eat with butter, cream or other sauces.
 Red Kabocha	The deep, yellow-orange pulp is finely grained, floury-dry and tender. Rather sweet, its rich flavor combines that of a sweet potato and a pumpkin.	Add roasted squash to soup, stew or risotto. Puree and mix into softened butter. Slice and roast with honey and citrus.
 Lower Salmon River	Deep orange sweet flesh is flaky and dry.	Delicious for pies and soup or even served sliced as a side dish with butter.
 Red Kuri	A smooth and tender texture with a sweet, nutty flavor reminiscent of chestnuts.	Great in soups or tossed with olive oil and roasted.
 Spaghetti	When cooked, the texture of the squash is tender with a slight crunch and offers a very mild flavor.	Spaghetti squash is best known for its unique flesh that separates into long, translucent strings that resemble angel hair pasta.
 Pumpkin: Sugar Pie	The inner flesh is bright orange and transforms into a sweet nutty treat when roasted.	This petite round pumpkin has a classic orange colored exterior. Perfect for pies.
 Pumpkin: Winter Luxury Pie	Sweet tender flesh.	In <i>The Complete Squash</i> , author Amy Goldman says, "Winter Luxury Pie makes the smoothest and most velvety pumpkin pie I've ever had."