

Discover Local Squash

Selecting the Perfect Squash

- Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin.
- Slight variations in skin color do not affect flavor.
- Peak months are September through November.
- Squash is very versatile! You can bake, roast, braise, steam, fry, puree, microwave or use it as a base for soups, stews, casseroles, cookies quick breads or pies.



Variety	Characteristics
Acorn	Blackish green or golden yellow skin. Slightly dry, with orange colored flesh. Definite nut-like flavor.
Queensland Blue Winter	Box-shaped and deeply ribbed. Grey-green skin with deep orange flesh. Sweet and fine flavored.
Buttercup	Squat and green with vertical gray or pale green stripes. Creamy, sweet orange colored flesh similar to a sweet potato. Very much like the Butternut but not as rich. Small cavity with few seeds.
Butternut	Pale yellow (almost cream colored) on the outside. Smooth, but thick skin. Somewhat sweet, orange flesh.
Carnival	Cream colored with orange spots or pale green with dark green spots and vertical stripes. Sweet, yellow flesh, similar to sweet potatoes.
Blue & Green Hubbard	Blue/gray skin that tapers at the ends. Very large and irregularly shaped, with a skin that is quite "warted". Dense, moist yellow flesh.
Delicata	Lemon-colored skin streaked with green or orange. One of the tastier squashes, with a creamier pulp that tastes a bit like corn and sweet potatoes. Thin skin is also edible.
Gourd	A hollow, dried shell of a fruit. There are edible and non-edible gourds. Non-edible ones are used as musical instruments and for décor.
Kabocha	Generic Japanese word that refers to a squash of a buttercup type. Green, bluish-gray with a deep orange skin. Deep yellow flesh that is sweet, dry and flaky when cooked.
Pattypan or Sunburst	Small, dreidel-shaped with scalloped edges that come in yellow, white and green skins. Tender, yellow flesh has a mild, buttery flavor.
Pumpkin	Drier, coarser and more strongly flavored than most other squash. Mostly for decoration, but can be used for pies.
Red Kuri	Teardrop shaped squash with an intense sunset colored rind. Pronounced, distinctive chestnut flavor.
Spaghetti	Small, watermelon-shaped with yellow skin. Smaller varieties are more flavorful. Golden-yellow flesh has a nut-like flavor. Best known for its flesh that separates into long, blond spaghetti-like strands as it cooks.
Turban	Named for its shape, its colors vary from bright orange, to green or white. Popular for harvest decoration, its bulb-like cap comes in bizarre shapes and extravagant colors. Golden flesh is reminiscent to hazelnut.
Yellow	Vibrant yellow with many shape varieties: crookneck, pattypan, straight-neck and yellow zucchini. Thin, edible skin with mildly sweet, tender flesh.
Zucchini	Most popular of the summer squashes. Glossy, firm, dark green skin. Mild flavor. Shaped like a cucumber.



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