Winter Squash Guide

Acorn
Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.
Best uses: *baked, stuffed, cubed and added to grain salads*

Blue Hubbard
This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.
Best uses: *baked, mashed and topped with butter, sea salt and black pepper*

Butternut
Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.
Best uses: *soups, purees, recipes where smooth texture is highlighted*

Delicata
Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.
Best uses: *sauteéd until caramelized, broiled, baked*

Heart of Gold/Carnival
This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.
Best uses: *baked, stuffed, broiled with brown sugar*

Kabocha (Green/Red)
Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.
Best uses: *curries, soups, battered and fried as Japanese tempura*

Pie Pumpkin
Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.
Best uses: *pies, custards, baked goods, curries and stews*

Red Kuri
Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety pureé.
Best uses: *Thai curries, soups, pilafs and gratins, baked goods*

Spaghetti
Pale golden interior is stringy and dense — in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.
Best uses: *baked and separated, then dressed as you would pasta*

Sweet Dumpling
Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.
Best uses: *baked with butter and cinnamon*

Check out winter squash recipes at www.grocery.coop/winter-squash

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