

Winter squash

Georgia candy



Known for a wonderful **Roasting Squash that is smooth and sweet**. Becomes sweeter with time. A great substitute in recipes that call for sweet potato. This squash can be fried, baked, or roasted. Make into a purée and use like you would purée pumpkin in **breads, pies, or pasta dishes**. It is also a delicious addition to soups, stews, or casseroles. Pairs well with flavors like chipotle, chili, cinnamon, nutmeg, and curry. 8-15 pounds, with an average of 10 pounds. Up to 18 inches long and 6 inches wide.

Honey bear



Acorn variety: Delicious when halved and **baked or steamed** with butter; maple syrup and cinnamon. Outstanding source of fiber and vitamins C and B. Hard outer shell with bright yellow to orange flesh inside.

Honey Bear is an acorn squash, which is a type of winter squash. Cooking acorn squash can be done in a variety of ways and eaten plain or mashed into a blend and combined with butter and other spices. Great for baking cookies, bread, and muffins.

Buttercup



A traditional flavor favorite for many years, the blocky, dark green, 3 to 5-pound fruits are **excellent keepers**. Flesh is very thick, deep orange in color, sweet, dry, and entirely free from fiber. An heirloom variety.

A northern New England favorite. Great culinary attributes: **creamy, deep orange flesh with rich, sweet** flavor. Avg. weight: 3–5 lb. A favorite classic winter squash. Great mashed or in soups.

Chacha



Medium sized, dark, olive green slightly flat-round fruit with beautiful bright **orange flesh that cooks up dry, flaky, sweet, and delicious**. Resists rotting in storage longer than most standard green kabochas. Avg. weight: 4–5 lb.. Long storage potential. In the Kabocha Family known for the small Japanese Pumpkin.

Tetsukabuto



Cooks will appreciate its sweet, nutty flavor and versatility in the kitchen. Exceptionally long storage potential. The nearly round, dark green fruit has deep yellow flesh that is so **sweet and nutty, smooth, and creamy**, it is just like custard and has a sweet nutty flavor. In the Hubbard family.

Delicata



Delicata squash is a variety of winter squash with cream-colored cylindrical fruits striped in green or orange that are cooked. As its name suggests, it has characteristically a delicate rind (or skin). It is also known as peanut squash, Bohemian squash, or sweet potato squash. Kids love these cut into rings and baked!

Delicata squash, when cooked, is sweet, rich, and moist, much like a sweet potato. Edible rind Delicata squash can also be sliced into rings or cubes sprinkle with butter or olive oil and brown sugar, cinnamon, or honey.

Delicata squash contains vitamin A, vitamin C, some B vitamins, potassium, fiber, and beta-carotene. Delicata squash is best suited for cooked applications such as baking, roasting, steaming, boiling, and sautéing. Favored in the kitchen for its thin skin, Delicata squash is easy to slice, and the skin is also edible when cooked and does not need to be peeled before consumption. Delicata squash holds its shape well through cooking. Delicata squash can also be sliced into rings or cubes. Delicata squash will keep for several weeks at room temperature when stored in a cool and dark place.

Shokichi Shiro



Cute mini gray kabocha. Perfect for single servings with exceptionally good flavor and texture with an attractive light gray skin. Shokichi Shiro is long storing (through January) and turns color from grey to salmon pink as it ripens. It is a gray kabocha weighing in at less than a pound that is overly sweet and flavorful in a tiny package. Perfect size for individual servings with a delicious sweet orange flesh.

Red Kuri:



Great in **curry stir-fry**. These squashes also go well with herbs, beans, curry, and spices. Try it in casseroles, soups, curries, or bake it into pies and muffins. Red kuri squash is a great substitute for acorn squash, and other squash varieties that do not need to be peeled before cooking

Inside the hard-outer skin there is a firm flesh that provides a **very delicate and mellow chestnut-like flavor**. Red Kuri is in the Hubbard squash family and a Japanese variety like a small pumpkin without the ridges. Full-flavored and sweet, often cooked with butter and herbs. It is an ingredient in a variety of soups, stews, and casseroles. It can be made into cakes, quick breads, muffins, cookies, jams, and pies with its nutty-tasting flesh. It can be baked, boiled, microwaved, steamed, sautéed, or fried. This squash adds sweet nutty flavor and texture to stir-fries. Its seed cavity is ideal for stuffing.

Sunshine:



Small and globe-shaped, **sweet, nutty flavor**, the Sunshine squash typically grows to 3 or 4 pounds in size. It is in the Kabocha squash family and can be baked whole or in halves. To bake whole, pierce the skin with a fork several times and place in a low baking pan with water. To bake one half, cut the squash lengthwise and remove the seeds. Delicious when used in a range of warming winter dishes it is as versatile as a potato. Excellent for storage into the winter months. 'Kabocha' type Squash with unique and attractive bright thick reddish rind with bright orange flesh. A sweet, nutty taste when eaten raw, baked, or steamed.

winter sweet:



Winter Sweet is a lovely gray kabocha weighing in anywhere from 2-5 pounds. As is true for most kabochas, its flesh is deep orange with a **rich flavor and flaky fiber less texture**. A Delicious sweet flavor that improves in storage makes this a local favorite. A smaller version of the larger Sweet Meat Squash. The sweet and savory sides of winter squash both benefit from subtle flavor boosts. Excellent with traditional autumn and winter **spices like cinnamon, nutmeg, allspice, and ginger**.

spaghetti:



In these paleo and gluten-free times, spaghetti squash is kind of having a perfect moment. It stands in heroically as a delicious, satisfying **substitution for wheat pasta**. It is a sensational substitute because, after cooking spaghetti squash, the flesh softens and easily pulls apart with a fork into thin, spaghetti-like ribbons.

Its namesake pasta, spaghetti squash loves being matched up with flavorful sauces and such. Rather than compete, it takes kindly to other flavors. Make your favorite pasta sauce and pour over cooked spaghetti squash.

Butternut:





A good classic squash with a **sweet nutty flavor with a creamy flesh**. Butternut squash is medium to large in size and has a bell-like shape with a long neck attached to a bulbous end. The smooth rind is very thin, light tan and firm with solid orange, dense moist flesh. It has a sweet, nutty taste like that of a pumpkin. It has tan-yellow skin and orange fleshy pulp with a compartment of seeds in the blossom end. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. It is a good source of fiber, Magnesium, and potassium also a great source of vitamin A.

Butternut squash is used culinarily as a vegetable that can be roasted, sautéed, toasted, or purée for **soups, mashed or in casseroles, breads, muffins, and pies**. Try them steamed in the bag, or sprinkle with honey and cinnamon for roasting in the oven.

Winter squash is a good source of fiber. It also provides [vitamin A](#) and [vitamin C](#), some of the [B vitamins](#), [calcium](#), [potassium](#), [iron](#), [riboflavin](#) and [thiamine](#). Low in calories and [sodium](#), this deep-colored squash also contains beta-carotene.^[6]

Chart for Curing & Storing Different Winter Squash

 Click for KEY TYPE	MONTHS AFTER MATURITY/HARVEST					
	1 Mo	2 Mo	3 Mo	4 Mo	5 Mo	6 Mo
ACORN			2½			
SPAGHETTI			2½			
DELICATA						
SWEET DUMPLING						
Some red-skinned HUBBARDS ('Red Kuri')						
Some SPECIALTY PUMPKINS ('Red October')						
'Mini' KABOCHA ('Shokichi Green' , 'Shokichi Shiro' , 'Sunshine')						
BUTTERCUP						
HUBBARD						
Gray & Green KABOCHA: 'Cha Cha' ; 'Black Forest'						
Longest-storing KABOCHA: 'Winter Sweet'			1½			
BUTTERNUT						
 KEY			Curing Period		Optimal Eating Period	

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<https://www.johnnyseeds.com/growers-library/vegetables/winter-squash-eating-guide.html>