|  |  |  |  |
| --- | --- | --- | --- |
| C:\Users\Mount View Farms\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7AA82F60.tmpButtercupSQUASHAbout Buttercup has a **taste texture** similar to **sweet potato** and can be used in lieu of the popular potato in recipes where it is called for. **Bake** at **400 degrees** for **35 – 40 min**.* Buttercup squash may be **baked, steamed** or **roasted**.
* Can be used as a filling for **pies** and **ravioli** or added to **soups, risottos, sauces** and **curries**. Peel and cube squash and add to chili, enchiladas, atop pizza or in pasta preparations.
* Halved they can be **stuffed** and **baked** with both sweet and savory **fillings**.

Keep Buttercup squash stored in a **cool and dry place**and **use within a few months**.*\*\*Beta carotene has been shown to be beneficial in preventing certain types of cancer and in supporting healthy vision.* |

|  |
| --- |
| MILDLY SWEET Smooth Velvety Texture – Most like Sweet PotatoAverages 4-8”x 2-3” 3 – 5 lbsMaturity: Dark Green, Strips, Corky like stemVitamin A, C, and High Levels of \*\*Beta Carotene |
| The Pumpkin Stand7844 State Rte 414Ovid, NY 14521www.ThePumpkinStand.comOPEN Daily 10AM-6PMLabor Day - Halloween |

 |