|  |  |  |  |
| --- | --- | --- | --- |
| C:\Users\Mount View Farms\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7AA82F60.tmp  Buttercup  SQUASH About 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 SWEETSmooth 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 Stand 7844 State Rte 414  Ovid, NY 14521  www.ThePumpkinStand.com  OPEN Daily 10AM-6PM  Labor Day - Halloween | |