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| Delicata  Squash Application Delicata squash has a sweet potato like flavor with **edible skin** which is **easy to slice**.  **Bake** at **400 degrees** for **25-30min**.   * **Stuff** with grains, meats or cheese, for baking. * **Slice** into rings or cubes and braised, stewed, sautéed or roasted. * **Slice** in half and back face down with oil or water on bottom.   Delicata squash are a winter variety and will **keep** well at **room temperature** for several weeks. | |  | | --- | | SWEETFine Sweet Potato – like flavor with Edible SkinAverages 3”x7”-9” 1.5 to 2 lbs.Maturity: Cream w/green and golden stripsVitamin A, C, B, Potassium and Soluble Fiber. \*Rich in Beta Carotene | | The Pumpkin Stand 7844 State Rte 414  Ovid, NY 14521  www.ThePumpkinStand.com  OPEN Daily 10AM-6PM  Labor Day - Halloween | |