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| SpaghettiSquashApplicationSpaghetti squash has a hard rind and unique interior flesh which **separates** into **pasta-like strings when cooked**. Whole or halved it can be **steamed, baked, roasted** or **microwaved**.Bake at **400 degrees** for **35-40min**.* Once cooked, the flesh can be **shredded with a fork** to make the stringy squash noodles.
* Cooked it can be **sautéed** with complimentary ingredients or added to **casseroles**, gratins, and bakes.
* **Served in its hard rind**, Spaghetti Squash can be topped with or tossed with sauces, vegetables, meats, cheeses, and herbs.
* Complimentary ingredients include tomato, onions, garlic, greens, fresh herbs, cream, parmesan, mozzarella and feta cheese, ground beef, Italian sausage, and pancetta.

Spaghetti squash will **keep** for a **month** at **room temperature**. **Cut** squash is best used within **two days**. |

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| MILD FlavorTender with slight crunch/ Stringy like Angel Hair PastaAverages 4 – 8 lbsMaturity: Yellow Vitamin A, Folate, Folic Acid, Beta Carotene, Potassium and Fiber |
| The Pumpkin Stand7844 State Rte 414Ovid, NY 14521www.ThePumpkinStand.comOPEN Daily 10AM-6PMLabor Day - Halloween |

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