|  |  |  |  |
| --- | --- | --- | --- |
| Cushaw SquashHistoryThe green-striped cushaw is a pear-shaped squash that is usually used fully ripe as a winter squash, but can be eaten when very young as a summer squash. Originally from tropical America (Mexcio), it has a mildly sweet taste and behaves like a pumpkin or delicata squash when it is cooked. ApplicationBest **cubed** and baked on a baking sheet with olive oil at **400\*** for **25-30 min**. * This rich flavor goes well with turkey, pheasant and venison.
* Cushaws are also the favorite pumpkin pie filling throughout the South.
* The nutritious seeds are toasted then ground into flour or eaten whole.
* Good for baked goods such as muffins, brownies and cakes. They can be made into dairy products such as cushaw yogurt, cushaw puddings and even cushaw ice cream.
* Leftover squash is a vitamin-rich feeder for livestock, including sheep and chickens.

Cushaw squash will keep at room temperature for many weeks. Best kept in a **cool, dry** place for winter storage. |

|  |
| --- |
| Slightly SweetMild flavor with a hint of smokinessAverages: 12-18” Long 10-20 LBSMaturity: Typically Green & White Stripes Vitamin C & A (Which is good for the immune system!) |
| The Pumpkin Stand7844 State Rte 414Ovid, NY 14521www.ThePumpkinStand.comOPEN Daily 10AM-6PMLabor Day - Halloween |

 |