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| [This Photo](http://www.fearlessdining.com/recipe/easy-paleo-baked-eggs-honeynut-squash/) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)HoneynutSquashApplicationHoneynut squash is a bit easier to prepare and cut than butternut squash thanks to the smaller size. **Bake, boil** or **roast** Honeynut squash. However, the **recommended preparation** method is **roasting**, which allows the sugars in the flesh to caramelize, and maximizes the flavor profile of the squash. **Bake** at **400 degrees** for **25-35min**.* Honeynut squash can be used in any recipe calling for butternut or other winter squash varieties.

**Store** Honeynut squash on the **countertop** for up to a **month**, **any peeled** or prepared portions can be refrigerated for up to a **week**. **Raw**, cut Honeynut squash **can be frozen** for up to **three months**. *\*Cornell Developed – Butternut/Buttercup Hybrid* |

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| VERY SWEETThick/Smooth Rich FlavorAverages 2” x 5” 1 – 1.5 lbsMaturity: Dark Tan/Burnt OrangeVitamin A, B, Beta Carotene, Folate, Iron, Zinc, Copper, Riboflavin and Potassium. |
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