

# FACT SHEET: Hard Squash

## SEASONAL VARIETIES



### Acorn Squash (Green, Gold, White)

This squash is known for its distinctive, acorn-like shape and characteristic ridges. Its pale-yellow flesh is mildly sweet with a hint of nuttiness. The skin is thick, but can be eaten. Good for stuffing!

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Buttercup Squash

This squat, round squash with thick, green skin looks like a kabocha, but has a distinct light green "cap" on the blossom end. Its dense, creamy flesh is deep yellow-orange. It's one of the sweetest squash varieties!

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Carnival Squash

Known for its striped orange, green, white, and yellow skin, carnival squash is very similar in shape to an acorn squash. The firm but light flesh is a pale orange and becomes much nuttier, sweeter, and richer when roasted.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Delicata Squash

A trendy squash with pretty butter-yellow skin and green stripes. The thin skin is edible – easy to prep and lovely on the plate! Its golden flesh tastes like a mild butternut with a hint of sweet potato.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Honeynut Squash

Only 6 or so inches tall, this little squash looks like a butternut but boasts a natural sweetness that is rich and malt-like with hints of caramel. Its petite size makes it the perfect "single-serve" squash.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Hubbard Squash (Blue, Gold)

This large, tear-drop-shaped squash has either cool blue or vivid golden skin that's bumpy and ridged. Very striking! Its golden flesh is very smooth with a complex sweet flavor – perfect for purees and baking.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Pumpkins (Pie, Mini)

With classic pumpkin-orange skin and a petite size, pie and mini pumpkins are most often used as décor. However, the flesh of pie pumpkins is quite sweet and can be used for cooking or baking instead of canned pumpkin.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Red Kuri Squash

This thick-skinned, tear-drop-shaped squash looks like Hubbard, but rounder and less knobby – and it boasts a vivid orange skin. Its flesh is sweet and nutty with a pleasant, dense texture reminiscent of kabocha.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Sweet Dumpling Squash

This squash looks much like a squat acorn squash, but has ivory skin with dark green, yellow, or orange stripes. The flesh is squash-like and juicy but sweet – like a mix between butternut, acorn, and sweet potato.

USA

J	F	M	A	M	J	J	A	S	O	N	D



### Turks Turban

Often used as décor, this distinct squash is capped by a bulbous protrusion that bursts with white, green, and orange stripes. Though not the tastiest, it looks great in a centerpiece or used as a serving bowl!

USA

J	F	M	A	M	J	J	A	S	O	N	D

## YEAR-ROUND VARIETIES



### Butternut Squash

A fall staple, butternut squash is oblong with relatively thin, pale-tan skin. A thick, straight-sided neck is prized for yield and ease of processing. Its bright orange flesh is medium-dense, sweet and squash-like – very versatile! Usually peeled, but you *can* eat the skin.

USA/MEX	J	F	M	A	M	J	J	A	S	O	N	D



### Calabaza Squash

This large squash, often called a West Indian Pumpkin is very popular in Latin America. It has thick skin that ranges from mottled greenish-gray to yellow to orange, even blue. The bright orange flesh is firm but not dense, and has a mild sweet flavor close to pumpkin.

COSTA RICA	J	F	M	A	M	J	J	A	S	O	N	D



### Kabocha Squash

Also known as Japanese Pumpkin, this squash is a bit knobby with dark green skin and lovely light greens stripes. It has dense, creamy, decadent flesh with a sweet, distinct flavor that's reminiscent of chestnuts and molasses.

USA/MEX	J	F	M	A	M	J	J	A	S	O	N	D



### Spaghetti Squash

Oblong with bright yellow skin, spaghetti squash has light yellow flesh that falls apart into noodle-like strands when cooked. The flavor is very mild, crisp, and a bit juicy – perfect for use as a carb-free pasta substitute.

USA/MEX	J	F	M	A	M	J	J	A	S	O	N	D

### STORAGE & HANDLING

Hard squash can last up to 1-3 months after distribution with proper storage. All varieties should be stored at temperatures ranging from **50-55 °F** in an area with good ventilation, ideally at **50-70% HUMIDITY**.

**DO NOT STORE HARD SQUASH BELOW 50°F:** They can quickly display chilling injury, which includes pitting and decay.

**DO NOT STORE WITH ETHYLENE PRODUCERS:** Exposure to heavy ethylene producing items like apples and onions may cause de-greening or decay around the stem area.



## THE BEST VARIETIES FOR EVERY USE:

BAKING & DESSERTS	SOUPS & STEWS	ROASTING & STEAMING	CARVING & DECOR
Carnival Hubbard Pie Pumpkin Red Kuri	Butternut Calabaza Carnival Hubbard Kabocha	Acorn Buttercup Butternut Delicata Kabocha Red Kuri Spaghetti	Carnival Mini Pumpkin Pie Pumpkin Sweet Dumpling Turks Turban