

Squash

Acorn, Ebony Squash, Winter

C pepo.

(Improved Table Queen) Only bows to Hubbard in flavor and keeping qualities. Very early with 6-8' vines. Acorn-shaped, ribbed fruits of dark-green, 6 x 5" in and 1.5-2 pounds. Small seed cavity. Thick, deep-orange, fine-textured flesh that is tender, sweet and dry. Longtime favorite as an individual baker. Can withstand poor soil conditions. Home or market. 35 seeds.

VSQ-5435

Buttercup, Burgess Winter Squash

Cucurbita spp.

A vining hard-shelled squash with a dark-green rind, very sweet fine quality medium-orange stringless fiberless flesh, fine quality and a small seed cavity. Harvest when the yellow spot touching the ground turns orange. A medium keeper. Grows well in maritime areas, and is suitable for growing with beans and corn in a Three Sisters garden. Flattened turban-shaped fruits 5-8 inches in diameter, weighing 3-5 lbs. 25 seeds.

85-110 days, Certified Organic, 25 seeds

VSQ-5440

Butternut, Squash, Winter

C. moschata.

AAS. 90 A vigorous vining type with light-tan bottle shaped fruits about 8-12" X 4-6" and up to 3-6 lbs. Light orange rich dry flesh with a delicious nutty flavor. A small seed cavity. One of the best keepers, excellent cooking squash. In top 10 foods in vitamin A. Good on average soil. 25 seeds.

VSQ-5450

Delicata Squash, Winter

C pepo.

(1894) We have had many requests for this! Ivory-cream skin with dark-green stripes. Fruits 3 x 8", have a rich, sweet potato-like flavor. Sweet orange flesh. Short prolific vines. 25 seeds.

VSQ-5460

Hubbard, Improved Green Squash, Winter

C Maxima.

Exceptional winter keeper. Fruits 10-12 pounds. Thick, fine-grained, sweet dry orange-yellow flesh . For poor soil. 25 seeds.

VSQ-5470

Vegetable Spaghetti Squash, Winter

C pepo.

Short white fruit. Baked, microwaved, or boiled fruits divide into spaghetti-like strands with a fork. Easily grown and easily cooked. 25 seeds.

Equivalents::

Allow 1/3 pound per person.

One pound of winter squash equals about 2 cups of cooked, mashed squash.

One medium-size (15 to 20 pounds) pumpkin will yield 5 to 7 quarts of cooked pumpkin.

To Store:

Place squash on top of thick pads of newspapers in a cool, dry, well-ventilated location. Check on a regular basis for rot and use within three to six months.

Refrigerate tightly wrapped cut pieces of winter squash, such as banana, and use within five days.

To Prepare:

Winter squash matures on the vine and develops an inedible, thick, hard rind and tough seeds. Because this rind makes most squash difficult to peel, it's easier to cook the unpeeled squash, and then scoop out the cooked flesh. Wash the exterior of the squash just before using. The seeds are scooped out before or after cooking.

To cut in half, grasp the squash firmly and use a sharp knife to slice through to the center. Then flip and cut the other side until the squash falls open. Remove and discard the seeds.

To bake a whole (1 to 1 1/2 pound) winter squash, pierce the rind with a fork and bake in a 350-degree oven 45 minutes. Test for doneness by piercing with a fork.

Boil or steam quarters or rings 25 minutes or until tender.

To microwave, place halves or quarters, cut side down, in a shallow dish; add 1/4 cup water. Cover tightly and microwave on HIGH 6 minutes per pound.

To Use:

All varieties are great for puréeing, roasting and baking. Once squash is cooked and mashed, it can be used in soups, main dishes, vegetable side dishes, even breads, muffins, custards and pies.

Boil or mash winter squash just as you would potatoes. Or add peeled squash cubes to your favorite soups, stews, beans, gratins and vegetable ragouts.

Dress any cooked winter squash with butter and herbs, a cream sauce, cheese sauce, maple syrup and nuts, marinara sauce or stewed fruit.

Freezing Squash:

(Cocozelle, Crookneck, Pattypan, Straightneck, White Scallop, Zucchini)

Summer Squash:

Choose young squash with tender skin.

Wash and cut in 1/2-inch slices. Water blanch 3 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

Grated Zucchini (for Baking) – Choose young tender zucchini. Wash and grate. Steam blanch in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into containers, leaving 1/2-inch headspace. Cool by placing the containers in cold water. Seal and freeze.

If watery when thawed, discard the liquid before using the zucchini.

Winter Squash:

Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Do not choose those that have sunken or moldy spots. Avoid squash with cuts or punctures in the skin. Also, slight variations in skin color do not affect flavor. A tender rind indicates immaturity, which is a sign of poor quality in winter squash varieties.

Wash and cut squash into small pieces, remove seeds and peel. Cook until soft. Mash pulp or put through sieve.

Cool by placing pan containing squash over crushed ice and stir until cool. Place in an appropriate freeze bag, or container, with 1/2" headspace; freeze.

Favorite Squash Recipes:

[Baked Acorn Squash](#)

[Baked Delicata Squash with Lime Butter](#)

[Baked Squash With Blueberries](#)

[Baked Whole Butternut Squash](#)

[Bean and Squash Soup](#)

[Cheese-Filled Zucchini Appetizer](#)

[Curried Butternut Squash Soup](#)

[Oven-Fried Zucchini in a Crunchy Parmesan Crust](#)

[Shitake-Pumpkin Ravioli](#)

[Stuffed Acorn Squash](#)

[Vegetable Pizza with Potato Crust](#)

[Zucchini-Parmesan Supreme](#)

[Zucchini Bread](#)

Planting Squash:

Plant seeds 12 to 24 inches apart directly into the ground as soon as all danger of frost is past the middle to end of April. Cover with 1 inch of soil. Previously started plants will give you a head start on growing. Summer squash is very prolific and 1 or 2 plants are usually enough for an average size family. Squash enjoys compost or aged manure worked into the soil.

Harvesting Squash:

Squash is ready to start picking approximately 50 to 55 days after planting or about one week after the flower sets fruit. You will need to harvest every other day as squash matures very fast.

Pick when tender. Elongated types, such as yellow and zucchini, pick when they are not more than 6 to 8 inches long. Over mature fruit deepens in color and develops ridges. Scallop or patty pan types should be harvested when they are 3 to 4 inches in diameter. Do not leave overly mature squash on the vine as it will literally shut the plant down from producing.

Toasted Pumpkin Seeds:



To clean: Separate the pumpkin seeds from the stringy membrane of a freshly carved pumpkin. Rinse the pumpkin seeds in a colander, until they are free of any membrane matter. Dry with paper towels.

To roast or toast: Coat 1/2 cup of seeds with 1 teaspoon olive oil and 1/2 teaspoon seasoning of your choice. NOTE: You can use any seasoning blend you like. Adjust the amount to your taste buds.

Place in 250 degree F. oven for about 1 hour, stirring every 15 minutes. They are done when they are light brown in the toasted.

Additional seasoning ideas:

Try additional seasonings on your pumpkin seeds: Cajun seasoning, Worcestershire sauce, soy sauce, and garlic salt are some of the many possibilities.

Storing: Store baked pumpkin seeds in an airtight container.



Acorn - Easily found in supermarkets. As its name suggests, this winter squash is shaped like an acorn. One of my favorite baking squashes, it's easy to slice into halves and fill with butter.. A small acorn squash weighs from 1 to 3 pounds, and has sweet, slightly fibrous flesh. Its distinct ribs run the length of its hard, blackish-green or golden-yellow skin. In addition to the dark green acorn, there are now golden and multi-colored varieties.

Acorn (*C. Pepo*)—80 to 100 days to harvest.

Cream of the Crop (hybrid - All America Selection winner; uniform white acorn type; creamy smooth, tasty flesh)

Ebony (early; glossy dark green; flaky flesh texture)

Swan White (OP-creamy white skin; pale yellow flesh; smooth, delicate, sweet flesh)

Table Ace (hybrid-semi-bush; uniform, near black fruit; excellent, low-fiber flesh)

Table Gold (OP-compact bush habit, attractive bright golden yellow, may also be harvested as summer squash when light yellow)

Table King (OP-compact bush; dark green, color holds well)

Table Queen (OP-standard dark green acorn type)

Available year round



Ambercup - A relative of the buttercup squash that resembles a small pumpkin. Bright orange flesh has a dry sweet taste. Has an extraordinarily long storage life.

Available June to November.



Photo from Veseys.com

Autumn Cup - A hybrid semi-bush buttercup dark green squash. Rich flavored flesh and high yields. Fruit size 6 inches with a weight of about 2 to 3 pounds.

Available September through December.



Banana - In shape and skin color, this winter squash is reminiscent of a banana. It grows up to two feet in length and about six inches in diameter. Its bright orange, finely-textured flesh is sweet. Banana squash is often available cut into smaller pieces.

- 'Banana' Most often sold variety. 10 to 30 pounds
- 'Blue Banana' (H/OP) An attractive heirloom with resistance to squash bugs. 25-30 lbs.

Available year-round - peak season lasts summer through early fall.



Butternut - Easily found in supermarkets. Beige colored and shaped like a vase. This is a more watery squash and tastes somewhat similar to sweet potatoes. It has a bulbous end and pale, creamy skin, with a choice, fine-textured, deep-orange flesh with a sweet, nutty flavor. It weighs from 2 to 5 pounds. The oranger the color, the riper, drier and sweeter the squash.

Butternut (*C. Mopschata*)

Butterbush (bush habit; early, 1 to 2 pound fruit)

Early Butternut (hybrid-All America Selection winner, early, medium size, high yield)

'Gold Nugget' (bush) strong squash flavor 1-3 lbs.

Ponca (extra early, small seed cavity, stores well)

Puritan (OP-uniform, blocky, smooth, slightly smaller than Waltham)

Supreme (hybrid-thick neck; early, uniform, sweet)

Ultra (largest fruit 6 to 10 pounds; good leaf canopy)

Waltham (OP-uniform, thick-necked, 10 to 12 inch fruits)

Zenith (hybrid; smooth, attractive fruit; high yield)

Available year-round - peak season lasts from early fall through winter.



Buttercup - Buttercup Squash are part of the Turban squash family (hard shells with turban-like shapes) and are a popular variety of winter squash.

Has a sweet and creamy orange flesh. This squash is much sweeter than other winter varieties. Buttercup Squash can be baked, mashed, pureed, steamed, simmered, or stuffed and can replace Sweet Potatoes in most recipes.

- 'Buttercup' Dark green fruit with a distinct gray cap at blossom end. It's become the standard for fine-grained, sweet flesh. 3 to 4 pounds
- 'Emerald Bush Buttercup' Good flavor and a bush growing habit
- 'Honey Delight' Doesn't have the trademark button, but does have excellent texture. 3 to 4

Available year-round - peak season lasts from early fall through winter.



Carnival Squash - Cream colored with orange spots or pale green with dark green spots in vertical stripes - coloration sometimes divided part and part - golden flesh. Carnival Squash have hard, thick skins and only the flesh is eaten.

The delicious yellow meat is reminiscent of sweet potatoes and butternut squash and can be baked or steamed then combined with butter and fresh herbs.

Available year-round - is best late summer through early fall.



Cushaw



(*C. moschato*) 100 - 110 days Cushaws are another large squash variety. They are bulb shaped with a slightly sweet, yellow flesh tends to be fibrous. They're good for baking and for making pies.

Varieties:

- 'Stripped Cushaw' or 'Green Stripped Cushaw' (H/OP) Disease resistant. 10-12 pounds

Delicata - Also called Sweet Potato, Peanut squash, and Bohemian squash. This is one of the tastier winter squashes, with creamy pulp that tastes a bit like sweet potatoes. Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The skin is also edible.



The delicata squash is actually an heirloom variety, a fairly recent reentry into the culinary world. It was originally introduced by the Peter Henderson Company of New York City in 1894, and was popular through the 1920s. Then it fell into obscurity for about seventy-five years, possibly because of its thinner, more tender skin, which isn't suited to transportation over thousands of miles and storage over months. **Delicata (C. Pepo)**

Honey Boat (shaped like Delicata, tan background with dark green stripes, very sweet flesh)

Sugar Loaf (tan background, dark green stripes, elongated oval, very sweet)

Sweet Dumpling (flattened round, fluted; light cream to white background, with dark green stripes)

- 'Cornell Delicata' (AAS Winner) A recent introduction with the same great taste in a disease resistant bush habit.
- 'Delicata' (H/OP) The traditional favorite

Available year-round - is best late summer through early fall.



Photo from [Highline Community College](#)

Fairytail Pumpkin - French name is "Musquee de Provence." The fruits are flattened like a cheese but each rib makes a deep convolution. The Fairytale Pumpkin is a very unique eating and ornamental

pumpkin. It's thick but tender, and the deep orange flesh is very flavored, sweet , thick, and firm. It is 115 to 125 day pumpkin and takes a long time to turn to it's cheese color. The distinctive coach-like shape and warm russet color make it perfect for fall decorating too.

This pumpkin is usually used for baking. Cut it into pieces and bake in the oven.

Available September to November.



Photo courtesy of Melissa's/World Variety Produce, Inc

Gold Nugget - A variety of winter squash, which is sometimes referred to as an Oriental pumpkin that has the appearance of a small pumpkin in shape and color. It ranges in size from one to three pounds. Golden nugget squashes are small, weighing on average about 1 pound. Both the skin and the flesh are orange.

Gold Nugget Squash may be cooked whole or split lengthwise (removing seeds). Pierce whole squash in several places, and bake halved squash hollow side up.

Available year-round - is best season is late summer through early winter.



Gray Hubbard Squash



Green Hubbard Squash

Hubbard - The extra-hard skins make them one of the best keeping winter squashes. These are very large and irregularly shaped, with a skin that is quite "warted" and irregular. They range from big to enormous, have a blue/gray skin, and taper at the ends. Like all winter squash, they have an inedible skin, large, fully developed seeds that must be scooped out, and a dense flesh.

Hubbard squash is often sold in pieces because it can grow to cumbersome sizes. The yellow flesh of these tends to be very moist and longer cooking times in the oven are needed. They are generally peeled and boiled, cut up and roasted, or cut small and steamed or sautéed. It's perfect for pies.

Hubbard squash, if in good condition initially, can be successfully stored 6 months at 50 to 55 degree F. with 70% relative humidity. A 15% loss in weight from shrinkage for 6 months storage would be average. Less rot will develop in the Hubbard squash if stems are completely removed before storage. Hubbard squash and other dark-green-skinned squashes should not be stored near apples, as the ethylene from apples may cause the skin to turn orange-yellow.

- 'Blue Hubbard' (H/OP) This is the one you'll find in stores. 10 - 15 lbs.
- 'Chicago Warted Hubbard' (H/OP) Still grown for its flavor. 10 - 15 lbs.

Available year-round - peak season is early fall throughout winter.



Kabocha (Also known as a Ebisu, Delica, Hoka, Hokkaido, or Japanese Pumpkin) - Kabocha is the generic Japanese word for squash, but refers most commonly to a squash of the buttercup type.

Kabocha Squash may be cooked whole or split lengthwise (removing seeds). It has a rich sweet flavor, and often dries and flaky when cooked. Use in any dish in which buttercup squash would work.

Available year-round.



Spaghetti (also called vegetable spaghetti, vegetable marrow, noodle squash or squagheti) - A small, watermelon-shaped variety, ranges in size from 2 to 5 pounds or more. It has a golden-yellow, oval rind and a mild, nutlike flavor. When cooked, the flesh separates in strands that resemble spaghetti pasta. The yellowiest Spaghetti squash will be the ripest and best to

Spaghetti Squash can be stored at room temperature for about a month. After cutting, wrap in plastic wrap and refrigerate up to 2 days. Spaghetti squash also freezes well.

Spaghetti (*C. Pepo*)

Orangetti (hybrid-semi-bush plant, orange version of spaghetti, high in carotene)

Pasta (yellowish cream fruit, improved flavor)

Stripetti (hybrid of Spaghetti and Delicata, great taste, stores better)

Tivoli (hybrid-bush habit; All America Selection winner; light yellow, uniform fruit, 3 to 4 pounds)

Vegetable Spaghetti (OP-good keeper; light yellow, oblong fruit)

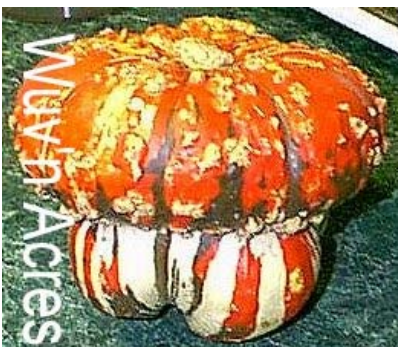
Available year-round - season early fall through winter.



Sweet Dumpling - This small, mildly sweet-tasting squash resembles a miniature pumpkin with its top pushed in. Weighing only about 7 ounces, it has sweet and tender orange flesh and is a great size for stuffing and baking as individual servings. Sweet dumplings are tiny but great for roasting and presenting whole.

Available throughout the fall. Photo courtesy of Melissa's/World Variety Produce, Inc

Turban - Turban Squash has colors that vary from bright orange, to green or white. It has golden-yellow flesh and its taste is reminiscent to hazelnut. Has a bulblike cap swelling from its blossom end, come in bizarre shapes with extravagant coloration that makes them popular as harvest ornaments. It is popular for centerpieces, and its top can be sliced off so it can be hollowed and filled with soup. A larger variety of the buttercup squash, the turban has a bright orange-red rind. The turban-like swirl on its blossom end is a fanciful variegated orange, red and white. Its flesh and storage ability are comparable to the buttercup's.



'Turk's Turban' (H/OP) Has a shorter vine than the species Turban (8 - 10 feet)

Available year-round - season is late summer through early f

True Winter Squash (*C. Maxima*)

All Season (bush; orange skin, flesh; 8 or more small fruit per plant)

Banana (pink, blue or gray; long, slim, pointed at the ends; 10 to 30 pounds)

Delicious (5 to 12 pounds; large, top-shaped, green or gold fruit, smoother than Hubbard)

Emerald Bush Buttercup (bush habit)

Honey Delight (hybrid 3 to 4 pounds; buttonless buttercup type; excellent flesh quality)

Gold Nuggett (5 inch, flattened round; 1 to 2 pounds; orange skin, flesh; bush habit)

Mooregold (bright orange skin, flesh; excellent keeper with tough rind; buttercup type; 2 to 3 pounds)

Sweet Mama (hybrid-All America Selection winner; semi-vining, buttercup type; uniform; tasty; 2 to 3 pounds)

Sweet Meat (OP-old time favorite; flattened; slate gray skin; 10 to 15 pounds)

Red Kuri (OP-bright red- orange; teardrop-shaped; smooth-textured flesh; 3 to 5 pounds)