

### **1. Kabocha Squash**

Green to bluish-gray color Deep-yellow flesh Rich and sweet flavor Dry and flakey when cooked, Seeds can be roasted.

### **2. Delicata Squash**

Small and elongated with dark green striping, Soft-textured for easy cutting or chopping, Tastes similar to sweet potatoes and corn with a Creamy texture. The seeds are great for roasting.

### **3. Spaghetti Squash**

Small, watermelon-shaped and yellow-skinned. Look for ones that are bright yellow they have a Mild, nutty flavor. Flesh separates, resembling noodles when cooked.

### **4. Butternut Squash**

Beige in color and shaped like a bell, Sweet nutty taste they are Similar in taste to pumpkin

Excellent roasted, toasted, or puréed for soup.

### **5. Carnival Squash**

Looks like acorn squash with orange spots and dark green vertical stripes. Yellow flesh is excellent baked or steamed. Has the flavors of sweet potato and butternut.

### **6. Acorn Squash**

Shaped like an acorn, Sweet, slightly fibrous flesh and the seeds are great for roasting.

### **7. Sweet Dumpling Squash**

Resembles a miniature pumpkin with cream-colored skin and green specks, sweet and tender orange flesh. Perfect for baking and stuffing.