

Untiedt's Squash Variety Guide



Acorn

A small squash that can weigh 1-3lbs and is either blackish-green, orange, or white. White is a little sweeter than the others. Acorn squash has a sweet, slightly fibrous flesh. Its distinct ribs run the length of its hard skin.



Ambercup

A relative of the buttercup squash that resembles a small pumpkin. Smooth & bright red-orange rind, flavor is smooth and sweet much like a buttercup. Has extraordinarily long storage life.



Buttercup

Has a sweet and creamy orange flesh. This squash is much sweeter than other winter varieties. Buttercup squash sometimes, but not always has a blossom-end button. Those with the button can be more moist than those without. Buttercup can be baked, mashed, pureed, steamed, simmered, or stuffed and can replace sweet potatoes in most recipes.



Banana

Pink, banana-shaped fruit have a blue tip and weigh around 10 lbs. Delicious, smooth orange flesh is perfect baked, fried and makes great pies; hard to find and quite beautiful.



Butternut

Beige colored and shaped like a vase. This is a softer squash perfect for soups. It has a bulbous end and pale skin, with a fine textured, deep orange flesh. Tastes somewhat similar to sweet potatoes, reminiscent of butterscotch.



Carnival

The delicious yellow meat is semi-dry and firm in texture, fragrant, nutty, and sweet. It can be baked or steamed then combined with butter and fresh herbs.

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Delicata

One of the tastier winter squash, with creamy, fine grained, yellow to orange flesh that tastes a bit like roasted corn.



Hubbard

Plump in the middle and tapered at the neck with a very hard, bumpy skin ranging from a dark bronze-green to pale bluish-green or orange in color. Inside this squash's seriously tough skin is a tender, golden yellow, fine grained, rather dry and dense flesh that offers a rich flavor.



Red Kuri

A Japanese variety with thick walled deep orange skin. Its creamy yellow flesh is nutty and sweet. Each squash weigh between four and seven pounds, with a flavor that is reminiscent of chestnuts.



Sweet Dumpling

This small, sweet squash resembles a miniature pumpkin with its top pushed in. 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.



Spaghetti

It has a golden-yellow, oval rind and a mild, nutlike flavor. When cooked, the flesh separates in strands that resemble spaghetti pasta. The yellowest squash will be the ripest and best to eat.



Turban

Has golden-yellow flesh and its taste is reminiscent to hazelnut. Its flesh and storage ability are comparable to the buttercups.

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