Squash and Pumpkin Variety Guide

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|  | Variety | Notes |
|  | Uchiki Kuri Squash | Versatile variety. Sweet, tender, and slightly floury, with soft edible skin. Large cavity makes it good for roasting in halves then stuffing. |
|  | Green Hokkaido Squash | Nutty, dry, dense yet fluffy. Superb flavour and great for roasting. Edible skin. |
|  | Crown Prince Squash | A hefty squash, well suited for feasting! ITs pale skin hides bright orange flesh. A favourite of chefs for its superb nutty flavour. Try in risotto or roasted with cinnamon. |
|  | Spaghetti Squash | Mild taste and makes a great healthy pasta substitute. Half lengthways, remove seeds, drizzle with oil and roast face down for about 45 mins, then tease out the strands with a fork – and voila… squashetti! |
|  | Georgia Candy Roaster Squash | These whopping squash were first cultivated by the Cherokee, and are still a favourite in the US Southeast, where they are sometimes used in pumpkin pies. Sweet and smooth, pairs well with white beans in soups. |
|  | Butternut Squash | Needs no introduction – and a firm favourite for a reason. Roast, bake, stuff or soup! |
|  | Festival Squash | Acorn squash with amazing pattern on skin. Dense and nutty, great for roasting whole and stuffing |
|  | Queensland Blue Squash | Mild tasting firm flesh, with perhaps a hint of lemon in the aftertaste. Nice in curries. |
|  | Harvest Moon Pumpkin | The classic Halloween pumpkin, great for carving and for making pies |
|  | Blaze Pumpkin | Striking ornamental variety – also good for making pumpkin bread! |