





# Squash

## SNAPSHOT

By Chandler James



**I**s it just me, or are seasonal produce displays looking extra *gourdous* this year? Striped, solid, and everything in between, the squash category creates an art installation all its own in the grocery aisles. Especially as consumers look toward these seasonal varieties surrounding the holidays, now is the time to have fresh, colorful squash front and center. Need a little inspiration to get started? Take a gander at the many squash varieties painting the pages of *The Snack Magazine*...



*Carnival*

**Medium–Large**

**Flavor:** Carnival is an Acorn squash named for its beautiful color. The flesh of this squash is slightly nutty, buttery, and sweet

**Color:** Spotted with striped colors of orange, yellow, and green



*Red Kuri*

**Medium–Large**

**Flavor:** Red Kuri has a rich, buttery flesh and savory flavor. The skin of this squash can be eaten, too

**Color:** Orange-red



*Turks Turban*

**Medium–Large**

**Flavor:** Known as the nuttiest of the winter squash, its flavor is often compared to a hazelnut. Turks Turban is beautiful to eat and goes well in soups

**Color:** Orange-red with stripes of orange, white, and some green







## Kabocha

### Medium

**Flavor:** Our favorite description we've heard for Kabocha is a sweet potato crossed with a pumpkin, then sprinkled with nuttiness

**Color:** Dull finish with dark green skin and bright yellow-orange flesh



## Chayote

### Medium

**Flavor:** The flesh has a fairly bland taste. The texture is described as a cross between a potato and a cucumber

**Color:** Similar to a green pear with thin, green skin fused with the green to white flesh



## Butternut

### Medium

**Flavor:** Butternut squash has a similar taste profile to a sweet potato, but is not as sweet. It works well in savory or sweet dishes

**Color:** Tan-colored exterior with bright, orange flesh



## Delicata

### Medium

**Flavor:** This is the sweet potato of the winter squash world. You can eat the skin when sautéed, as it is softer than the other squashes. The flesh is very sweet

**Color:** Yellow and green stripes



## Patty Pan/ Scallop

### Medium-Large

**Flavor:** This small squash has a delicate, buttery, and olive oil-like flavor. The less ripe the squash, the more tender its flesh will be

**Color:** Ranges from yellow to green and white



## Spaghetti

### Medium-Large

**Flavor:** Spaghetti squash has a very mild flavor and is not sweet like many other winter squashes. It is known for its stringy, pasta-like threads

**Color:** Ranges from pale to bright yellow





## *Yellow Zucchini*

**Small**

**Flavor:** Fresh and buttery

**Color:** Glossy skin that can vary from light butter yellow to a bright lemon yellow



## *Zucchini*

**Small**

**Flavor:** Mild, but will take on any flavor it's cooked with

**Color:** Deep green skin and soft white flesh



## *Grey Zucchini*

**Small**

**Flavor:** This summer squash has a less dramatic visual appeal with a buttery texture and slightly sweet, nutty flavor

**Color:** Pale green skin is smooth and shiny with solid, crisp flesh



## *Hubbard*

**Medium–Large**

**Flavor:** This winter squash's orange flesh is sweet with a fine grain texture

**Color:** Ranges from gray, blue, dark green, orange, or golden



## *Acorn / Danish*

**Small–Large**

**Flavor:** Acorn squash has a sweet, nutty flavor

**Color:** Dark green



## *Pumpkin*

**Small–Large\***

**Flavor:** Pumpkins offer a range of eating experiences from sugary or starchy, and their texture can vary from string-less to velvety and dense

**Color:** Ranges from traditional pumpkin orange to a deep, rich orange

*\*Depends on the variety*

*Sub-varieties include: Jack Sprat, Cannon Ball, Little Giant, and Mischief*