



Squash

SNAPSHOT

Deck the grocery aisles with gourds aplenty, folks, because it's the holiday season once again! 2020 may have been a tumultuous year, but a wide array of year-round squash supplies has kept the consumer in all of us sane. Now is the time to dazzle shoppers with your merchandising magic, so be sure to build your know-how with these critical squash facts as you create the perfect fall- and winter-time vegetable displays...



Carnival

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

SIZE: Medium-large

COLOR: Spotted with striped colors of white, orange, yellow, and green



Red Kuri

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

SIZE: Medium-large

COLOR: Orange-red



Turks Turban

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

SIZE: Medium-large

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



Kabocha

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

SIZE: Medium

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



Delicata

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

SIZE: Medium

COLOR: Yellow and green stripes, sometimes tinged with orange



Butternut

FLAVOR: A similar taste profile to a sweet potato, but is not as sweet. It works well in savory or sweet dishes

SIZE: Medium

COLOR: Cream-colored exterior with bright, orange flesh



Acorn / Danish

FLAVOR: Sweet, nutty flavor

SIZE: Small-large

COLOR: Mainly dark green with a spot of orange



Spaghetti

FLAVOR: A very mild flavor and not sweet like many other winter squashes. It is known for its stringy, pasta-like threads

SIZE: Medium-large

COLOR: Ranges from pale cream to bright yellow



Pumpkin

FLAVOR: Offers a range of eating experiences from sugary to starchy, and texture can range from string-less to velvety and dense

SIZE: Small-large, depending on variety

COLOR: Ranges from traditional pumpkin-orange to a deep, rich orange
Sub-varieties include: *Jack Sprat*, *Cannon Ball*, *Little Giant*, and *Mischief*



Yellow / Golden Zucchini

FLAVOR: Fresh and buttery
Sometimes called golden zucchini; yellow zucchini refers to sub-varieties yellow straightneck and yellow crookneck

SIZE: Small

COLOR: Glossy skin that can vary from light butter-yellow to a bright lemon-yellow



Zucchini

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

SIZE: Small

COLOR: Deep green skin and soft white flesh



Grey Zucchini

FLAVOR: A less dramatic visual appeal with a buttery texture and slightly sweet, nutty flavor

SIZE: Small

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



Chayote

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

SIZE: Medium

COLOR: Similar to a green pear with thin, green skin fused with green to white flesh



Patty Pan

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

SIZE: Small

COLOR: Ranges from yellow, green, and white



Hubbard

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

SIZE: Medium-large

COLOR: Ranges from gray, blue, dark green, orange, or golden

Source: *The Snack* and *AndNowUknow* Squash Grower Contributors