



EARL'S ORGANIC

HARD SQUASH GUIDE

Harvested in late summer and early fall, enjoy the wonderful array of hard squash varieties through the coming cold months. Thick rind squash can be stored for up to a year in a cool dry place while thin skin varieties will only keep for a few months.



Acorn

This popular winter squash has a ribbed rind and looks just like an acorn. It tastes best when roasted. Add a pat or two of butter and a little brown sugar to bring out the nutty flavor of this holiday classic. The curved shape of this squash also makes it perfect for stuffing.



Black Futsu

An heirloom Japanese pumpkin with a smooth texture and a sweet chestnut flavor. No need to peel the skin. Great roasted, fried in tempura or pureed for pies and soups.



Butternut

A distinctive bell shape with bright orange sweet flesh. If you have a large squash cut the neck away from the body so it is easier to work with and then halve and roast. Or, peel, cut into cubes, and then roast.



Carnival

This bright and colorful squash averages about 5 to 7 inches across, and is a hybrid of an Acorn and Sweet Dumpling. The firm dry texture and mild flavor is enhanced by roasting with butter and spices.



Delicata

An heirloom variety also known as the Sweet Potato Squash, it tastes like a cross between corn and pumpkin pie. The thin skin is completely edible which is fantastic because it is difficult to peel.



Honeynut

The cute stout Honeynut squash is about 6" tall and looks like a Mini Butternut Squash. The thin skin has a deep honey color and does not need to be peeled. The flesh has an intense sweet flavor that becomes almost caramel like when roasted. Has 3x the amount of beta-carotene of a butternut squash.





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Kabocha

This wonderful Japanese squash has a slightly nutty and sweet dense flesh that becomes bright orange when cooked. There is no need to peel the rind. Cut into slices and bake or simmer.



Red Kuri

Boasting a bright orange reddish skin with slightly sweet flesh which is not quite as nutty as Kabocha. Once cooked the skin and flesh can be blended together to make tantalizing soups, pies or muffins.



Spaghetti

Easy to spot with its oblong shape and beautiful yellow skin. Bake and then run a fork down each half and watch the mild flavored cream colored flesh come away in spaghetti-like strands. We like to pair it with an organic tomato pomodoro sauce for an easy meatless meal.



Sugar Pie Pumpkin

Short and round, Sugar Pie Pumpkins have thick walls with lots of pumpkin flavored flesh. Now is your time to shine by making a pumpkin pie from scratch. Bake one medium sized pumpkin and puree the flesh as a delicious substitute for canned pumpkin this holiday season.



Sweet Dumpling

The perfect size for an individual serving. The smooth orange flesh tastes like a mix of sweet potato and pumpkin. The skin is edible making it a breeze to prepare. Roasting it brings out the natural sweetness.



Tetsukabuto

A Kabocha/Butternut cross with a sweet nutty flavor. Great storage squash. Delicious roasted or baked and holds up well in soups and stews.



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