



ACORN SQUASH

Application

Green acorn squash is native to the Americas and was one of the first crops cultivated by Native Americans. After 1492, acorn squash types made their way to Europe via returning explorers. One of the first commercial green varieties known as Table Queen was introduced in 1913 by Iowa Seed Company of Des Moines.

Acorn squash are often cooked with their skin-on at **375*** for **50-60min**, face down.

- Other popular applications is to **bake it in halves, face up and stuffed** with meats, cheese, grains or other vegetables.
- **Peel & dice**, or **cut into slices** along the natural ribs; toss with oils, spices or herbs and bake or roast.
- Cooked squash may also be **pureed** and added to **soups, stews**, risotto, cakes or other baked goods.
- The Pumpkin Stand family loves to blend Acorn and Butternut for their family occasions or freezing for storage.

Acorn squash will keep at room temperature for many weeks. Best kept in a **cool, dry** place for winter storage.

MILDLY SWEET

**Somewhat Dry
Texture**

**Averages:
5-8" Long
4-5" Across**

**Maturity:
Dark Green with
Yellow & Orange
Patches**

**Vitamin C, B6,
Magnesium,
Manganese and
Potassium**

THE PUMPKIN STAND

7844 State Rte 414
Ovid, NY 14521

www.ThePumpkinStand.com

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Labor Day - Halloween