



# AMERICAN TONDA SQUASH

## Application

The American Tonda squash offers a sweet flavor similar to that of butternut squash, with a slightly dryer meat. The flesh is yellow and transforms to orange in color when cooked. It can be sliced into wedges, half or cubed. Usually baked but can be steamed, roasted or grilled. Cooked squash makes an excellent addition to curries, chili, soups, stews, and risotto.

- Often baked at **400 degrees** for **45-50min**.

Its flavor pairs well with fresh herbs such as parsley, sage, and basil, gorgonzola, parmesan cheese, curry spice, cinnamon, nutmeg, browned butter, maple syrup, apple, pear, toasted hazelnuts, raisins, dried cranberries, and pancetta.

**Store** in a **cool, dry** place and use within a **month or two**.



**Dry Sweet Flavor**

**Smooth like  
Butternut**

**Averages 3-1/2lbs**

**Maturity:  
Increasingly yellow  
to orange hue**

**Rich in Beta  
Carotene which is  
converted into  
Vitamin A. Good  
for healthy eyes  
and skin.**

## THE PUMPKIN STAND

7844 State Rte 414  
Ovid, NY 14521

[www.ThePumpkinStand.com](http://www.ThePumpkinStand.com)

OPEN Daily 10AM-6PM  
Labor Day - Halloween

