



# AUTUMN FROST SQUASH

## About

Autumn Frost yields very attractive, blocky, tawny colored fruit with a dusting of natural waxy bloom. Similar to a personalize sized butternut squash, the meat is thick, sweet and smooth. Use this squash in a beautiful table arrangement and later enjoy it over the holidays!

## Application

Often baked at **400 degrees** for **35-45min**. Different ways to prepare:

- Cut **lengthwise**, scoop out seeds and **roast**, then scoop out the tender flesh.
- Try cutting the top 2 in. off, scooping out seeds and **roasting whole**; perfect **for stuffing**.
- Another means would be to cut 1/2 in. off the top and bottom of the squash, scoop out seeds, cut the remainder into 1 to 2-in. **rings**, and **grill** on a low fire for a rich, smoky flavor.

**Store** in a **cool, dry** place and use within a **4 months**.

Sweet

Smooth Texture

Averages 3-4lbs

Maturity:  
Dark Tan Skin with  
a Frosty  
overlay/Tan stem

Contains:  
Potassium Vitamin  
A

Cornell Developed

## THE PUMPKIN STAND

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