



BUTTERCUP SQUASH

About

Buttercup has a **taste texture** similar to **sweet potato** and can be used in lieu of the popular potato in recipes where it is called for.

Bake at **400 degrees** for **35 – 40 min.**

- Buttercup squash may be **baked, steamed** or **roasted**.
- Can be used as a filling for **pies** and **ravioli** or added to **soups, risottos, sauces** and **curries**. Peel and cube squash and add to chili, enchiladas, atop pizza or in pasta preparations.
- Halved they can be **stuffed** and **baked** with both sweet and savory **fillings**.

Keep Buttercup squash stored in a **cool and dry place** and **use within a few months**.

***Beta carotene has been shown to be beneficial in preventing certain types of cancer and in supporting healthy vision.*

MILDLY SWEET

**Smooth Velvety
Texture – Most
like Sweet Potato**

**Averages
4-8" x 2-3"
3 – 5 lbs**

**Maturity:
Dark Green, Strips,
Corky like stem**

**Vitamin A, C, and
High Levels of
Beta Carotene

THE PUMPKIN STAND

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