



BUTTERNUT SQUASH

Application

Butternut can be sliced into rounds, wedges, or cubes and baked, steamed, roasted, braised, and grilled. Cooked squash makes an excellent addition to curries, chili, soups, stews, and risotto.

- Often baked at **400 degrees** for **40-50min**.
- The seeds of the squash are popularly **roasted**, salted and consumed as a snack food similar to pumpkin seeds.
- Its flavor pairs well with sage, thyme, bay leaf, **apple, cinnamon**, pear, shallots, **pecans, butter**, cream, feta cheese, **ground beef**, sausage, and bacon.

An excellent keeper, to store Butternut in a **cool, dry** place and use within a **few months**.



**Mildly Sweet
Flavor with Nutty
Nuances**

**Tender Texture
Nearly Strangles**

Averages 3-1/2lbs

**Maturity:
Deep Orange Skin**

**Vitamin A, C, E,
Magnesium,
Potassium and
Soluble Fiber.**

***Rich in Beta
Carotene**

THE PUMPKIN STAND

7844 State Rte 414
Ovid, NY 14521

www.ThePumpkinStand.com

OPEN Daily 10AM-6PM
Labor Day - Halloween