



# DELICATA SQUASH

## Application

Delicata squash has a sweet potato like flavor with **edible skin** which is **easy to slice**.

**Bake at 400 degrees for 25-30min.**

- **Stuff** with grains, meats or cheese, for baking.
- **Slice** into rings or cubes and braised, stewed, sautéed or roasted.
- **Slice** in half and back face down with oil or water on bottom.

Delicata squash are a winter variety and will **keep** well at **room temperature** for several weeks.

**SWEET**

**Fine Sweet Potato  
– like flavor with  
Edible Skin**

**Averages 3"x7"-9"  
1.5 to 2 lbs.**

**Maturity:  
Cream w/green  
and golden strips**

**Vitamin A, C, B,  
Potassium and  
Soluble Fiber.  
\*Rich in Beta  
Carotene**

## **THE PUMPKIN STAND**

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