



HEART OF GOLD SQUASH

About

Heart of Gold squash is a hybrid of **acorn** and **sweet dumpling** squash that has a pleasant texture and tastes every bit as **sweet** and **mellow** as my favorite butternut squash, and comes in the perfect size for **dinner for two**. SKIN IS EDIBLE!!!

Application

Often baked at **400 degrees** for **30-35min**. 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 **bake** like chips with your favorite seasoning.
- Instapot, airfry or fork and microwave!

Store in a **cool, dry** place and use within a **6 months**.

Sweet and Mellow

Smooth like
texture

Averages 3-4lbs

Maturity:

Cream skin with
dark green stripes
(no lime green)

Contains:

Potassium

Vitamin A

THE PUMPKIN STAND

7844 State Rte 414

Ovid, NY 14521

www.ThePumpkinStand.com

OPEN Daily 10AM-6PM

Labor Day - Halloween