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HONEYNUT SQUASH

Application

Honeynut squash is a bit easier to prepare and cut than butternut squash thanks to the smaller size.

Bake, boil or roast Honeynut squash. However, the **recommended preparation** method is **roasting**, which allows the sugars in the flesh to caramelize, and maximizes the flavor profile of the squash.

Bake at 400 degrees for 25-35min.

- Honeynut squash can be used in any recipe calling for butternut or other winter squash varieties.

Store Honeynut squash on the **countertop** for up to a **month, any peeled** or prepared portions can be refrigerated for up to a **week. Raw, cut Honeynut squash can be frozen** for up to **three months.**

**Cornell Developed – Butternut/Buttercup Hybrid*

VERY SWEET

**Thick/Smooth Rich
Flavor**

**Averages 2" x 5"
1 – 1.5 lbs**

**Maturity:
Dark Tan/Burnt
Orange**

**Vitamin A, B, Beta
Carotene, Folate,
Iron, Zinc, Copper,
Riboflavin and
Potassium.**

THE PUMPKIN STAND

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www.ThePumpkinStand.com

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Labor Day - Halloween

