



HUBBARD SQUASH

About

Hubbard squash is wrapped in a very hard, bumpy skin ranging anywhere from a dark bronze-green to pale bluish-green. Inside this winter variety's seriously tough skin is a tender, golden yellow, fine grained, rather dry and mealy, dense flesh that offers a rich flavor. Most commonly compared to and substituted with the Buttercup squash.

Application

Difficult to peel and cube because of its rigid exterior, Hubbard squash is most often cooked in its skin. Carefully halve Hubbard squash, remove seeds and roast, cut-side down, until tender when pierced with fork. Scoop cooked flesh from the skin and **puree** into **soup or stew**. Cooked squash can also be mixed with wild rice or whole grains and baked into **casseroles**. For a sweet preparation, mix pureed squash with cream, sugar, eggs, spices and bake into **pie**.

Keep in a **cool and dry place** and use **within 6 months** from harvest.

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

MILD

**Dry/Fine Grained
Dense Texture
Rich Flavor**

**Averages
5-15LBS**

**Maturity:
Mottled green,
orange, red, to
yellow or striped**

**Vitamin A, C, B,
Iron, Calcium,
Riboflavin, Fiber**

THE PUMPKIN STAND

7844 State Rte 414
Ovid, NY 14521

www.ThePumpkinStand.com

OPEN Daily 10AM-6PM
Labor Day - Halloween