



# SUNSHINE KABOCHA SQUASH

## About

Kabocha squash can be **halved**, seeded, and then cooked as is or cut further into **wedges or cubes** first. Its skin can be peeled or left on prior to cooking. The **skin technically is edible** once cooked though most often it is removed prior to eating.

**Bake at 400 degrees for 40 – 45 min.**

- Steamed, roasted, baked, grilled, microwaved, deep fried, or braised.
- Can be used as a side dish, filling for **pies**, as a **soup squash**, or when prepared in **baked goods**.

Keep Sunshine squash stored in a **cool and dry place** and **use within a few months**.

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

**MILDLY SWEET**

**Smooth/Dry Grain,  
Nutty Flavor**

**Averages  
4-8" x 2-3"  
3 – 5 lbs**

**Maturity:  
Dark Orange-Red,  
faint strips, Corky  
like stem**

**Vitamin A, C, B,  
Iron, Calcium,  
Fiber and Beta  
Carotene**

## **THE PUMPKIN STAND**

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[www.ThePumpkinStand.com](http://www.ThePumpkinStand.com)

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