



# SWEET DUMPLING SQUASH

## Application

Dumpling squash can be difficult to peel and are most often **baked** or **roasted** with their skin on.

**Bake** at **400 degrees** for **30-35min** or **Microwave** with water face down for **7-8 min** or until soft.

- Cut in halve and **stuff** cavities with meats, cheeses, grains or other vegetables.
- Add **roasted** or baked slices to warm, green salads.
- Dumpling squash pair well with nuts, strong cheeses and dried fruits.
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Dumpling squash are a hard winter variety and **keep** well at **room temperature** for **weeks**.

**SWEET**

**Smooth and Tasty**

**Averages 3.5-4.5”  
7 - 8oz.**

**Maturity:**

**Cream White  
w/Green Strips**

**Vitamin A, C, B,  
and Soluble Fiber.**

**\*Rich in Beta  
Carotene**

## **THE PUMPKIN STAND**

7844 State Rte 414  
Ovid, NY 14521

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

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