



# TURKS TURBAN SQUASH

## About

Turban squash is best compared to our Marina Di' Chioggia and Buttercup squash. Also, the Turban is a parent to the Hubbard squash, and a nice substitute for one. It's meat is thick, dryer and mildly sweet.

Due to it's vibrant colors, it displays beautifully, and can be enjoyed through the holiday seasons.

## Application

Turban squash is best suited for cooked applications such as **baking, steaming, and roasting**. Typically, the acorn-like protrusion is sliced off first, and then both the turban and the base are cut into **wedges** or cubes.

**Bake** at **425 degrees** for **45 – 60 min.**

- Can be used as a side dish, filling for **pies**, as a **soup squash**, or when prepared in **baked goods (like muffins or pumpkin bread)**.

Keep in a **cool and dry place** and use **within 4 months** from harvest.

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

**MILD to SWEET**

**Smooth/Dry Grain,  
Nutty Flavor**

**Averages**

**4-8" x 3-4"**

**5 lbs**

**Maturity:**

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

**Vitamin A, C,  
Calcium, Fiber,  
Potassium and  
Beta Carotene**

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