



SQUASH

FALL 2022 SQUASH SOURCED:

BUTTERCUP & BUTTERNUT: SUSSEX VALLEY FARMS

DELICATA: QUEBEC

Delicata



Cucurbita pepo 'Delicata'

Delicata squash is a variety of winter squash with cream-coloured cylindrical fruits striped in green or orange. This squash is sweet tasting with a thin, edible skin. The seeds of the squash are also edible, usually after being toasted. This squash is a great source of dietary fiber and potassium, as well as vitamins C, vitamin B, magnesium, and manganese.

Buttercup



Cucurbita maxima

This squash has thick, dark-green skin with light stripes with flesh that is orange-yellow, sweet and dry. Buttercup squash is best suited for cooked applications such as baking, steaming, or roasting. The cooked flesh can be pureed and used as a filling for pies and ravioli, or added to soups, risottos, sauces, and curries. It can keep up to three months when stored in a cool and dry place.

Butternut



Cucurbita moschata

Squash can range from medium to large in size and has a bell-like shape with a long neck. The smooth skin is very thin, light tan and firm. Butternut squash becomes tender and offers a mild squash flavor with sweet and nutty nuances, hence the "nut" in the name. Fun fact: Deep orange colored squashes such as the Butternut are rich in beta-carotene.

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