

# WINTER SQUASHES FROM LANCASTER FARM FRESH CO-OP

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*Story and illustrations by Valeria Trucchia*

Choosing a squash and knowing how to cook it can be intimidating. So many shapes and flavors are available nowadays. Here is a little help with the varieties from Lancaster Farm Farm Fresh Co-op we can see now on display at the Food Coop.



## ROBIN'S KOGINUT SQUASH

**FLAVOR** A sweet mix between butternut and kabocha squash.

**ABOUT** A “star” squash, born from a collaboration between the renowned Chef Dan Barber of Blue Hill at Stone Barns, vegetable breeder Michael Mazourek and organic seedsman Matthew Goldfarb.

**SERVE** Absolutely delicious roasted, turns tender, buttery and slightly citrusy.

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## GREEN ACORN SQUASH

**FLAVOR** Mild, subtly sweet and nutty flavor.

**ABOUT** About the size of a large grapefruit.

**SERVE** Versatile, cook in chunks baked, roasted, steamed, sautéed or even in the microwave.

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## DELICATA SQUASH

**FLAVOR** A creamy flesh with a mild flavor similar to sweet potatoes.

**ABOUT** Smaller than most winter squash, so they're pretty easy to prepare and cook.

**SERVE** Slightly sweet, best to slice and roast or to scoop out and stuff.

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## HONEYNUT SQUASH

**FLAVOR** Smaller, darker and far sweeter than a butternut squash.

**ABOUT** A new Cornell University hybrid inspired by the chef Dan Barber of the Blue Hill restaurants.

**SERVE** Use it the same way you would butternut or buttercup squash; ideal for stuffing, roasting and, of course, for desserts.

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## SPAGHETTI SQUASH

**FLAVOR** A mild flavor and stringy texture.

**ABOUT** Gets its name from the way its flesh forms pasta-like strings.

**SERVE** Roast or steam it, remove the seeds and eat it as you would spaghetti.

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## CARNIVAL SQUASH

**FLAVOR** A flavorsome squash, nutty, with hints of maple, it takes on a buttery texture when cooked.

**ABOUT** A cross between sweet dumpling and acorn squashes.

**SERVE** Roasting and baking bring out its natural sweetness; it can also be steamed or mashed.

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**A list of two detailed articles with great recipes, in case you want to read**

## **more about winter squashes:**

- “Know Your Squashes: How They Look, How They Cook” By Florence Fabricant, The New York Times, Nov 2, 2018
- The 16 varieties of Winter Squash You Need To Know by Kelli Foster and Emily Saladino, The Kitchn, Oct 11, 2022

*Valeria Trucchia is a visual artist, illustrator, photographer, designer, and educator. She grew up in Paris in an Italian family and has been calling Brooklyn, NY, home for over 20 years.*