WINTER SQUASHES FROM LANCASTER FARM FRESH CO-OP

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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.



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.



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.



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.



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.



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.

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

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