

Squash Varieties 2018

A guide to the season's squash varieties, grown at The Community Farm.



CROWN PRINCE

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Average Weight: 3kg

Grey/blue skin, bright orange flesh with a sweet flavour and smooth texture. One of the best varieties for long term storage.



RED KURI

RED KURI (or UCHIKI KURI)

Average Weight: 1.5kg (range 0.5 to 2kg)

Japanese 'red onion' variety. Bright orange/red skin, and teardrop or onion shaped. Lovely sweet, nutty flavour.



FESTIVAL

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Average Weight: 0.6kg

Exceptional flavour. Sweet and nutty. Colourful, marbled skins. Perfect for roasting or baking. Festival fruit store very well.



GOLDEN NUGGET

GOLDEN NUGGET

Average Weight: 0.5kg

Has a dull orange skin, that's vertically lined with fine ridges. Also known as the Oriental pumpkin. A sweet flavoured, orange flesh. Will store well.



ACORN

ACORN

Average Weight: 0.6kg

Green-black skin, yellow flesh, with a sweet flavour. Don't try to peel them, just cut in half and roast with the skin on.



BUTTERNUT

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Average Weight: 1.5kg

Turns increasingly deep orange, and becomes sweeter and richer, as it ripens. Very nutritious, it's packed with fibre and vitamins A and C. A naturally sweet flavour emerges when roasted.

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SPAGHETTI

Average Weight: 1.8kg

Two colours available - pale yellow and orange. Stringy flesh with a mild flavour. Cut in half lengthwise, remove the seeds. Roast in the oven then scoop out the flesh with a fork.



SPAGHETTI

GREEN HOKKAIDO

Average Weight: 1.5kg

Kabocha type, similar to the Blue Kuri. Dark green skin with thin white/pale green stripes. Sweet flavoured dense golden-orange flesh. Bake, roast, braise, puree, stuff or steam.



GREEN HOKKAIDO

SMALL PUMPKINS

Average Weight: 0.8kg-2kg

Round squash with smooth, slightly ribbed skin. Deep yellow-orange in colour. The thick shell contains the seeds and pulp. Flesh is fine-grained and particularly sweet.



SMALL PUMPKINS

TURKS TURBAN

Average Weight: 2kg

Heirloom variety dating back to 1800s, originally from France. Orange cap with a striped, bulbous base. Semi-dry, semi-sweet flesh. Best roasted or for use in soups.



TURKS TURBAN

BLUE KURI

Average Weight: 1.8kg

Kabocha/Hokkaido type squash. Darker blue skin. Flesh is orange-yellow and has a slightly drier texture and nuttier flavour compared with Crown Prince.



BLUE KURI

WINTER SWEET

Average Weight: 2-3kg

This squash has a great reputation. Light grey with a charcoal mottling. Very good sweetness and a flaky texture. Keeps well and improves with storage.



WINTER SWEET