

SEASHORE FRUIT & PRODUCE CO.

Purveyors of Fresh Fruits, Vegetables & Frozen Foods

Autumn Squash

ACORN SQUASH

They have a nutty flavor. Slightly dry, orange flesh. The seed cavities are great for stuffing, and best baked.



HUBBARD SQUASH

A very sweet squash. Dry, orange flesh, thicker and firmer than pumpkin. Excellent in pumpkin pies!



BUTTERNUT SQUASH

Distinctive butterscotch flavor. Enjoy steamed or baked. Try topping with maple syrup!



KABOCHA SQUASH

Very sweet and rich tasting, with the highest sugar content of any squash. Floury-dry texture. Enjoy baked or stuffed.



CARNIVAL SQUASH

Buttery, nutty and sweet in flavor. Flesh is semi-dry, firm, and pale orange.



SPAGHETTI SQUASH

When cooked, the creamy golden flesh separates into swirly spaghetti-like strands. The taste is bland, but it can be used as a healthy substitute for pasta.



DELICATA SQUASH

Sometimes referred to as "sweet potato squash." Described as a blend of corn, butternut squash, and sweet potato. Flesh is yellow, moist, and creamy. Enjoy steamed or baked.



SWEET DUMPLING SQUASH

Sweet, tender flavor with a moist texture make this squash many people's favorite!



GOLDEN NUGGET SQUASH

Mild flavor. Moist, smooth, bright orange flesh. Scoop out and bake whole like a pumpkin or split and bake.



TURK'S TURBAN SQUASH

Often used as a gourd. Dry, orange-yellow texture. Sweet, hazelnut flavor.

