

Winter Squash

The cooked flesh of spaghetti squash separates into fibrous strands that can be used just like pasta. Spaghetti squash has a very mild flavor.



SHREDDING COOKED SPAGHETTI SQUASH WITH A FORK



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Winter Squash

Squash is an important vegetable crop in New Jersey and butternut squash is our most widely grown winter squash.

Most squash grown in our state is eaten fresh, although a small amount is used to make baby food.



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Hubbard is a very large heirloom squash that was first brought to the United States in the early 1800s.

Seeds from the green hubbard were given to James Howard Gregory, who bred them to improve the texture and flavor.

In 1909, Gregory made seeds for his blue hubbard available to farmers and now blue hubbard is the most popular type of hubbard squash.



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Pumpkins are members of the cucurbit family, which means they are related to bitter melon, cucumbers, squash, and watermelon.



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Acorn squash has thin skin, making it one of the few types of winter squash with edible skin.

If you want to remove the skin, cook the squash first and then peel off the skin or scoop out the flesh.



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Archaeological evidence shows that squash was first cultivated in Mexico between 8,000 and 10,000 years ago.



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Although cooks and chefs think of squash as a vegetable, to botanists they are actually a fruit!

That's because, like all fruit, they contain seeds and grow from the flowering part of the plant.



Butternut Squash: © Can Stock Photo / ringlow



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Hubbard squash has very tough skin—making it difficult for animals to bite into them in the garden.

That also means it is very hard to cut them in the kitchen! The Food Network suggests putting a towel on the ground, raising a hubbard over your head, and dropping it on the towel to crack it open.



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The Long Island Cheese Pumpkin has sweet, creamy, string-less flesh, which makes them perfect for pies and soups.

They got that name because they look like a wheel of cheese.



Cheese Pumpkin: © Can Stock Photo / onlyfabrizio



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Acorn squash is native to the Americas—likely originating in Mexico and Central America.

Named for its acorn-like shape, it is one of the more productive winter squashes.



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