

FRESH IN
SEASON

Buttercup Squash



Description

Buttercup Squash is one of the most diverse squash varieties sold in supermarkets today. It has a creamy orange flesh and is sweeter than other hard squash varieties. Select a firm, heavy squash and store in a cool place for up to three months.

Highlights

Roast or mash buttercup squash for a hearty side or as an addition to a rich casserole.

Get more out of your squash; roast the seeds like you would pumpkin seeds for a satisfying snack



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