Most winter squash are not grown through the winter in Washington! Rather, their thick skin allows them to be harvested in fall and stored for up to 2 to 3 months through the winter.

**Butternut Squash** are highly productive plants and produce large hubular squash with ivory skin and orange flesh. They are creamy and buttery in flavor and delicious in soups, or cubed and roasted on their own.

**Cooking Tips**
- Blended into soup, or cubed and added to chicken or vegetable stock for an appetizing and warming soup. Blend in yellow-eyed beans or white beans for added protein and creaminess.
- Roasted on their own!
- Eat blended into soup, or cubed and added to chicken or vegetable stock with chopped kale, a can of tomatoes, and cooked chickpeas for a winter warming soup.
- Beans for a winter warming soup.
- Butternut squash pasta. Add cooked green lentils, tomato sauce, and arugula or spinach for a Mediterranean meal!
- **Delicata Squash** are a winter squash that can easily be eaten with the skin on! This makes it a unique favorite and easy to prepare, with a rich flavor. These oblong squashes range from 1-2 pounds and can be stored up to 3 months.

**Cooking Tips**
- Cut in half, scoop out the seeds, and chop to use in stir fry. Roast in the oven with herbs and potatoes, or with sweet potatoes, cinnamon or nutmeg and a little honey for a nice fall treat.

**Carnival Squash** grow to a small single-serving size. They are yellow-ivory fruits with green stripes that may turn orange in storage. These squash will store for 3 to 5 months.

**Cooking Tips**
- Carnival squash can be halved and roasted whole with the skin on. Place squash, cut sides down, in a baking dish. Pour water into dish around squash halves. Bake in a preheated oven at 350°F until tender and easily pierced with a fork. Let cool, then scrape out the stringy innards with a fork until you have a bowl of squash pasta. Add cooked green lentils, tomato sauce, and arugula or spinach for a Mediterranean meal!

**Hubbard Squash**

**Kabocha Squash**

These squash range from medium-sized to huge and have drier flesh than other winter squash. Rind color varies with variety, and all varieties will store for 4 to 6 months.

**Cooking Tips**
- Hubbard and Kabocha squash are an excellent variety to use in pumpkin pie as a substitute for butternut squash!
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