

GET TO KNOW YOUR...

SQUASH

From the beautiful to the bizarre, here's a guide to this season's squash...



Spaghetti: Ranging from yellow to orange, scoop out this fibrous squash with a fork after roasting to create spaghetti-like strings!



Green Hokkaido: Sweet in flavour and dense flesh makes this a versatile squash - bake, roast, stuff or steam.



Small Pumpkin: These familiar squash have a lovely thick fine-grained flesh, delicious for eating, not so practical for carving!



Winter Sweet: Nice and sweet with a flakey texture, it keeps well unopened and improves with storage.



Blue Kuri: Similar to the Green Hokkaido, this blue-skinned squash is nutty in flavour.



Turks Turban: Distinctive with its stripey bulbous base, the flesh is mellow flavoured so works well as a base for soups.