GET TO KNOW YOUR...

SQUASH

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



Crown Prince: Try roasting to release its rich sweet, slightly nutty flavour. The smooth texture also makes for great soups.



Uchiki Kuri: Made distinctive by its onion shape, this squash has a firm texture, with a mellow buttery, nutty, flavour.



Festival: Firm flesh, deliciously sweet and nutty, it's a good one for both roasting and baking.



Golden Nugget: Identified by its dull orange skin, this sweet flavoured squash also stores well.



Acorn: With a mellow sweetness, its flavour combines well with others. Due to the thin skin, this one can be roasted without peeling.



Butternut: One of the most familiar of the squash family, its mellow buttery flavour makes it a versatile ingredient.

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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.