



40 Varieties — Colors, Flavors & Best Uses

#	Variety Name	Skin Color	Flesh Color	Flavor Profile	Best Uses	🕯️ Tip
❄️ Winter Squash — 25 Varieties						
1	Butternut	🟠 Tan/Beige	Deep Orange	Sweet, nutty, creamy	Soups, purees, roasting, risotto	💡 Peel before cooking
2	Acorn	🟢 Dark Green	Golden Yellow	Mild, sweet, slightly nutty	Halved & stuffed, maple-roasted, baked	💡 Leave skin on to serve
3	Spaghetti	🟡 Pale Yellow	Pale Yellow strands	Mild, subtly sweet, neutral	Pasta substitute, stir-fries, low-carb bowls	💡 Fork-rake after roasting
4	Delicata	🟡 Cream/Green stripe	Yellow-Orange	Sweet, honeyed, corn-like	Roasted rings, stuffed, salads	💡 Edible skin — no peeling!
5	Kabocha	🟢 Dark Green bumpy	Deep Orange	Intensely sweet, dry, chestnut-like	Curries, tempura, mashing, soups	💡 Drier than butternut — use less liquid
6	Red Kuri	🟠 Red-Orange	Bright Orange	Sweet, chestnut-like, earthy	Soups, purees, gratins, risotto	💡 Skin edible when roasted
7	Blue Hubbard	🟡 Blue-Gray	Deep Orange	Rich, sweet, slightly dense	Pies, soups, large-batch roasting	💡 Buy pre-cut (very large)
8	Carnival	🟠 Multicolor cream/orange	Yellow-Orange	Sweet, acorn-like, mild	Stuffed halves, roasting, display	💡 Beautiful table centerpiece
9	Sweet Dumpling	🟡 Cream/green stripe	Ivory-Yellow	Very sweet, corn-like, tender	Stuffed whole, roasted, steamed	💡 Perfect single-serve size
10	Turban	🟠 Orange/green/white	Deep Orange	Sweet, nutty, mild	Soups, purees, decorative bowl	💡 Hollow out for a soup tureen
11	Banana Squash	🟡 Pink-Gray	Deep Orange	Sweet, potato-like, dense	Roasting, mashing, pies, soups	💡 Great butternut swap in large batches
12	Green Hubbard	🟢 Warty Dark Green	Orange	Sweet, rich, savory-sweet	Soups, pies, roasting, mashing	💡 Classic New England pie squash
13	Jarrahdale	🟡 Blue-Gray ribbed	Bright Orange	Sweet, mild, dense	Soups, roasting, pies	💡 Striking centerpiece + great flavor
14	Long Island Cheese Pumpkin	🟡 Pale Tan ribbed	Deep Orange	Rich, earthy, sweet	Pies, soups, roasting	💡 The original "pie pumpkin"
15	Sugar Pumpkin	🟠 Bright Orange	Deep Orange	Sweet, dense, smooth	Pies, purees, muffins, baking	💡 Smaller = sweeter & less watery
16	Cushaw	🟢 Green/White striped	Pale Yellow	Mild, slightly sweet, smooth	Pies, stews, soups, Southern baking	💡 A Southern heirloom classic
17	Lakota	🟠 Red-Orange/green	Deep Orange	Sweet, dense, earthy	Soups, mashing, pies, roasting	💡 Heirloom Native American variety
18	Sweet Meat	🟡 Blue-Gray	Deep Orange	Sweet, nutty, potato-like	Pies, purees, roasting, casseroles	💡 Exceptional for baking — very dry flesh
19	Cinderella Pumpkin	🟠 Deep Red-Orange	Orange	Mildly sweet, earthy, subtle	Soups, display, roasting, decorating	💡 Rouge Vif d'Etampes — very photogenic
20	Crown Prince	🟡 Slate Blue	Deep Orange	Sweet, nutty, dense	Soups, curries, roasting, gratins	💡 UK favourite; rich butternut alternative
21	Sunshine Kabocha	🟠 Bright Orange	Golden	Very sweet, smooth, moist	Roasting, soups, frying, tempura	💡 A sweeter, moister kabocha

#	Variety Name	Skin Color	Flesh Color	Flavor Profile	Best Uses	🕯️ Tip
22	Honeynut	🟤 Small Tan/Butternut	Deep Orange	Very sweet, concentrated, caramel-like	Roasted halves, soups, purees	💡 Mini butternut — sweeter & more intense
23	Marina di Chioggia	🟢 Blue-Green warty	Bright Orange	Sweet, rich, dense	Italian gnocchi, soups, pasta, pies	💡 Venetian heirloom; makes amazing gnocchi
24	Queensland Blue	🟡 Blue-Gray ribbed	Orange	Sweet, dry, mild	Roasting, soups, pies, curries	💡 Australian staple squash
25	Galeux d'Eysines	🟡 Salmon/Pink warty	Bright Orange	Sweet, smooth, rich	Soups, purees, pies	💡 "Peanut squash" — beautiful for display
🟡 SUMMER SQUASH — 15 Varieties						
26	Zucchini	🟢 Dark Green	White	Mild, slightly grassy, neutral	Grilling, sautéing, bread, pasta, fritters	💡 Smaller = less watery & more flavor
27	Yellow Crookneck	🟡 Bright Yellow	White	Slightly sweet, tender, delicate	Sautéing, grilling, soups, casseroles	💡 A Southern garden classic
28	Pattypan	🟡 White/Pale	White	Mild, buttery, tender	Stuffed, sautéed, roasted whole	💡 Harvest small (< 3") for best flavor
29	Yellow Straightneck	🟡 Bright Yellow	White	Mild, slightly sweet, soft	Sautéing, steaming, grilling, soups	💡 Very prolific garden grower
30	Cousa (Lebanese)	🟢 Light Green	White	Mild, slightly sweet, firm	Stuffing, Middle Eastern dishes, sautéing	💡 Traditional Lebanese mahshi filling
31	Tatume	🟢 Pale Green round	White	Mild, firm, slightly nutty	Mexican dishes, spiralizing, roasting	💡 Also called Mexican Zucchini
32	Lemon Squash	🟡 Bright Yellow round	White	Mild, slightly tart, fresh	Sautéing, pickling, fresh salads	💡 Looks like a lemon — kids love it
33	Ronde de Nice	🟢 Pale Green round	White	Delicate, mild, slightly sweet	Stuffed whole, sautéed, soups	💡 French heirloom — elegant presentation
34	Costata Romanesca	🟢 Ribbed Pale Green	White	Nutty, rich, more flavorful	Sautéing, pasta, frittatas, raw	💡 More flavor than standard zucchini
35	Black Beauty Zucchini	🟢 Very Dark Green	White	Mild, slightly earthy, firm	Grilling, baking, pasta, spiralizing	💡 Most common zucchini at markets
36	Gold Rush Zucchini	🟡 Golden Yellow	White	Mild, slightly sweet, tender	Grilling, sautéing, salads, pasta	💡 Yellow zucchini: same uses, prettier plate
37	Sunburst Pattypan	🟡 Bright Yellow	White	Mild, buttery, tender	Stuffed, sautéed, as garnish	💡 Sauté whole when marble-sized
38	Eight Ball Zucchini	🟢 Dark Green round	White	Mild, slightly sweet, creamy	Stuffed whole, roasted, sautéed	💡 Perfect natural bowl for stuffing
39	Tromboncino	🟢 Pale Green curved	White	Mild, firm, less seedy, nutty	Pasta, soups, roasting, raw sliced	💡 Almost seed-free — impressive in salads
40	Scallopini	🟢 Pale Green scalloped	White	Mild, buttery, tender	Stuffed, sautéed, roasted, stir-fries	💡 Green pattypan cousin; harvest tiny

🍲 Best Squash for Every Dish

Your Quick-Reference Cheat Sheet 🍴

Not all squash are created equal — match the right variety to your dish for best flavor, texture, and results.



Soup & Purée

★ **Butternut** — silky smooth texture, naturally sweet

Also great: Honeynut, Red Kuri, Crown Prince

💡 *Roast before pureeing for deeper caramelized flavor.*



Pies & Baking

★ **Sugar Pumpkin** — dense, low moisture, sweet

Also great: Long Island Cheese Pumpkin, Sweet Meat, Hubbard

💡 *Roast and drain flesh overnight to remove excess moisture.*



Pasta Sauce / Pasta Substitute

★ **Spaghetti Squash** — natural noodle strands

Also great: Tromboncino (raw sliced), Butternut (creamy sauce base)

💡 *Undercook slightly so strands stay al dente, not mushy.*



Curries & Stews

★ **Kabocha** — dry flesh holds up, intensely flavored

Also great: Crown Prince, Butternut, Jarrahdale

💡 *Add cubed kabocha in the last 15 min — it absorbs sauce beautifully.*



Roasting

★ **Delicata** — edible skin, caramelizes perfectly

Also great: Honeynut halves, Acorn with maple, Carnival

💡 *Cut Delicata into rings — no peeling needed, edges get crispy.*



Stuffed Squash

★ **Acorn** — natural bowl shape, sturdy walls

Also great: Sweet Dumpling, Ronde de Nice, Eight Ball Zucchini, Pattypan

💡 *Pre-roast the shell 20 min before adding filling to ensure even cooking.*



Salads & Raw Preparations

★ **Zucchini** — thin-sliced or spiralized raw

Also great: Tromboncino, Yellow Crookneck, Costata Romanesca

💡 *Shave raw zucchini with a vegetable peeler into paper-thin ribbons.*



Frying & Tempura

★ **Kabocha** — dry flesh, crisp batter, stays firm

Also great: Zucchini (fritters), Cousa, Pattypan rounds

💡 *Salt zucchini slices and pat dry for crispier fritters.*



Gratins & Casseroles

★ **Butternut** — melts into layers beautifully

Also great: Sunshine Kabocha, Delicata, Banana Squash

💡 *Slice uniformly thin (1/8") so all layers cook at the same rate.*



Mashing & Sides

★ **Kabocha** — driest flesh, lightest mash

Also great: Hubbard, Sweet Meat, Banana Squash, Queensland Blue

💡 *Don't over-mix or it turns gluey — fold in butter gently.*



Grilling & BBQ

★ **Zucchini** — holds grill marks, cooks fast

Also great: Yellow Crookneck, Pattypan halves, Costata Romanesca

💡 *Brush with olive oil + salt only — squash has plenty of its own flavor.*



Baked Goods (Bread & Muffins)

★ **Zucchini** — high moisture = tender crumb

Also great: Butternut, Pumpkin, Yellow Straightneck

💡 *Squeeze shredded zucchini in a towel before adding to batter.*



Quick Swap Guide

If you don't have...	Use instead	Notes
Butternut	Honeynut or Red Kuri	Smaller portions, sweeter
Kabocha	Hubbard or Sweet Meat	Similar dryness
Acorn	Sweet Dumpling or Carnival	Similar size & shape
Zucchini	Yellow Crookneck or Pattypan	Same uses, different color
Sugar Pumpkin	Long Island Cheese Pumpkin	Nearly identical baking results
Spaghetti Squash	Tromboncino (spiralized)	Less "stringy" but similar mild base

<https://hobbyhomestead.com>

<https://wholesomefarmhouserecipes.com>