

ROASTING WHOLE MINI
PUMPKINS AND SMALL
SQUASH



ROASTING WHOLE MINI
PUMPKINS AND SMALL
SQUASH



ROASTING WHOLE MINI
PUMPKINS AND SMALL
SQUASH



ROASTING WHOLE MINI
PUMPKINS AND SMALL
SQUASH



What kinds of pumpkins and squash work?

Whole roasting works great for smaller sized pumpkins and squash. As small as 3" wide and as large as 6-8" wide.

Pumpkins: Jack Be Little, Baby Boo, Pump-Ke-Mon, Orange-Mon, Sugar

Squash: Delicata, Small Acorn or Hubbard

Preparation:

Scrub the outside of the gourd, pumpkin or squash. Then pierce into center of squash with a sharp knife in 4 or 5 places.

Bake Away:

Bake at 375°F on a rimmed baking sheet. The smallest sizes will take about 45 minutes, an acorn squash might take up to 1-1/2 hours. Squash is done when it can be easily pierced with a fork or knife.

Time to Eat!

Once it's done, let squash cool for a few minutes and then carefully cut in half from the stem end. Scoop out seeds and strings and then season with your choice of butter, salt, pepper, herbs, spices or brown sugar. Experiment here! Squash lends itself to savory or sweet flavorings so pick your favorites.

How do I store my pumpkins?

If your pumpkins are outside in the weather they will probably last 1-2 months without issue. Otherwise, inside in a cool dry place (basements/cellars are great) they can last up to 4-6 months.

Low in Calories * High in Vitamin A * Gluten Free

What kinds of pumpkins and squash work?

Whole roasting works great for smaller sized pumpkins and squash. As small as 3" wide and as large as 6-8" wide.

Pumpkins: Jack Be Little, Baby Boo, Pump-Ke-Mon, Orange-Mon, Sugar

Squash: Delicata, Small Acorn or Hubbard

Preparation:

Scrub the outside of the gourd, pumpkin or squash. Then pierce into center of squash with a sharp knife in 4 or 5 places.

Bake Away:

Bake at 375°F on a rimmed baking sheet. The smallest sizes will take about 45 minutes, an acorn squash might take up to 1-1/2 hours. Squash is done when it can be easily pierced with a fork or knife.

Time to Eat!

Once it's done, let squash cool for a few minutes and then carefully cut in half from the stem end. Scoop out seeds and strings and then season with your choice of butter, salt, pepper, herbs, spices or brown sugar. Experiment here! Squash lends itself to savory or sweet flavorings so pick your favorites.

How do I store my pumpkins?

If your pumpkins are outside in the weather they will probably last 1-2 months without issue. Otherwise, inside in a cool dry place (basements/cellars are great) they can last up to 4-6 months.

Low in Calories * High in Vitamin A * Gluten Free

What kinds of pumpkins and squash work?

Whole roasting works great for smaller sized pumpkins and squash. As small as 3" wide and as large as 6-8" wide.

Pumpkins: Jack Be Little, Baby Boo, Pump-Ke-Mon, Orange-Mon, Sugar

Squash: Delicata, Small Acorn or Hubbard

Preparation:

Scrub the outside of the gourd, pumpkin or squash. Then pierce into center of squash with a sharp knife in 4 or 5 places.

Bake Away:

Bake at 375°F on a rimmed baking sheet. The smallest sizes will take about 45 minutes, an acorn squash might take up to 1-1/2 hours. Squash is done when it can be easily pierced with a fork or knife.

Time to Eat!

Once it's done, let squash cool for a few minutes and then carefully cut in half from the stem end. Scoop out seeds and strings and then season with your choice of butter, salt, pepper, herbs, spices or brown sugar. Experiment here! Squash lends itself to savory or sweet flavorings so pick your favorites.

How do I store my pumpkins?

If your pumpkins are outside in the weather they will probably last 1-2 months without issue. Otherwise, inside in a cool dry place (basements/cellars are great) they can last up to 4-6 months.

Low in Calories * High in Vitamin A * Gluten Free

What kinds of pumpkins and squash work?

Whole roasting works great for smaller sized pumpkins and squash. As small as 3" wide and as large as 6-8" wide.

Pumpkins: Jack Be Little, Baby Boo, Pump-Ke-Mon, Orange-Mon, Sugar

Squash: Delicata, Small Acorn or Hubbard

Preparation:

Scrub the outside of the gourd, pumpkin or squash. Then pierce into center of squash with a sharp knife in 4 or 5 places.

Bake Away:

Bake at 375°F on a rimmed baking sheet. The smallest sizes will take about 45 minutes, an acorn squash might take up to 1-1/2 hours. Squash is done when it can be easily pierced with a fork or knife.

Time to Eat!

Once it's done, let squash cool for a few minutes and then carefully cut in half from the stem end. Scoop out seeds and strings and then season with your choice of butter, salt, pepper, herbs, spices or brown sugar. Experiment here! Squash lends itself to savory or sweet flavorings so pick your favorites.

How do I store my pumpkins?

If your pumpkins are outside in the weather they will probably last 1-2 months without issue. Otherwise, inside in a cool dry place (basements/cellars are great) they can last up to 4-6 months.

Low in Calories * High in Vitamin A * Gluten Free