

HERITAGE VEGETABLES

Kabocha squash

The Japanese squash with green skin and very sweet orange flesh.

Kabocha is a stocky Japanese squash with dark green skin and bright orange flesh. Its dense, floury, very sweet flesh recalls sweet potato and chestnut. It is steamed, roasted or cooked as tempura, and goes into curries, soups and purées.

FLAVOUR

Very sweet, chestnut, sweet potato

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Availability	●	●	●	○	○	○	○	○	●	●	●	●

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Loose 16 kg**
- **Loose 18 kg**
- **Bulk 15 kg**

In the kitchen

- As thinly sliced tempura
- Simmered in dashi and soy
- Oven-roasted with miso

Orders and prices

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