

HERITAGE VEGETABLES

Spaghetti squash

A squash whose cooked flesh pulls apart into long strands.

Spaghetti squash is an oblong squash with pale yellow skin. Once cooked, its flesh comes away with a fork in long strands reminiscent of pasta. Its flavour is mild and lightly sweet. It is served like spaghetti, with a sauce, gratinated or in a warm salad.

FLAVOUR

Mild, light, lightly sweet

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 12 kg**
- **Loose 13 kg**

In the kitchen

- In strands with a tomato sauce
- Gratinated with Parmesan and cream
- In a warm herb salad

Orders and prices

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