

Butternut Squash

There are several different varieties of Butternut Squash, all similar in size and taste, but knowing what you need for your garden can help you choose the best variety for you!

Some popular varieties include:

- **Waltham Butternut** – This is probably the most common variety of butternut squash. Seeds from this heirloom variety yield shorter plants that produce 2-3 pound of squash with pale yellow to tan skin. Its sweet orange flesh is tender and not stringy. This squash is ready in 85 days, stores very well, and is good for traditional gardens.

- **Autumn Glow** – This butternut squash variety produces stocky fruit averaging 8 inches long with a golden yellow skin. Its flesh is tender and slightly sweet and nutty. Its fruit is ready in 80 days. This compact plant is good for both container and traditional gardens.

- **Butterscotch** – Tastiest, but small, butternut. Bred for sweetness, richness, and complex flavor, surpassing all others in its class. The perfect size for dinner (*no leftovers*), it is ideal for growers selling at farmers' markets. Matures early at 1–2 lb., with no curing needed before it can be enjoyed. Stores up to 3 months after harvest. Short vines. Intermediate resistance to powdery mildew (Cornell University).

- **Metro PMR** – Exceptional flavor and storage life. Great looking and smaller-sized — just what many markets demand. Very similar in size, flavor, and mildew resistance to JWS 6823 (*see below*), though it will hold much longer in storage. Medium vine. Intermediate resistance to powdery mildew. Avg. weight: 2 ½ – 3 ½ lb. Avg. yield: 4–5 fruits/plant.

- **JWS 6823 PMR** – Higher marketable yields per acre. Classic appearance and good mildew resistance. Higher yielding, more uniform, and shorter vines than Waltham Butternut and even Metro. The ideal choice for large plantings. Intermediate resistance to powdery mildew.



| Nutrition Facts | |
|---|----------------|
| 16 servings per container | |
| Serving size | 1 cup (85g) |
| Amount per serving | |
| Calories | 40 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 41mg | 4% |
| Iron 1mg | 6% |
| Potassium 299mg | 6% |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

Developed by Stephanie Elwood, SUAREC Extension Associate
Sources: www.johnnyseeds.com; www.cornelluniversity.edu

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Recipe



Butternut Squash Pancakes

Makes 8 pancakes

This Butternut Squash Pancake recipe is an easy way to add some extra vegetables to breakfast! Made with just a few ingredients, it can be made ahead of time and reheated. It also makes a great, healthy snack!

INGREDIENTS

- 1 cup mashed roasted butternut squash
- 2 eggs
- 1 ½ tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 2/3 cup whole wheat flour

INSTRUCTIONS

Combine squash, eggs and vanilla in a small bowl and mix well. Add baking powder, cinnamon and flour and stir until just combined. Scoop onto a greased griddle or pan. Flip when bubbly.

Source for recipe and photo: <https://www.theleangreenbean.com/butternut-squash-pancakes/>

Grow It!

Butternut Squash seeds should be planted between March and May in Louisiana. These “winter squash” as they are called usually take 80 or more days to become ripe, thus, when planted in the spring, they are ready to harvest in the fall! The butternut squash has a sweet orange/yellow flesh that is similar to the taste of a sweet potato and is enclosed by a light tan hard outer cover.

Butternut squash seeds are large enough that they can be directly seeded into the field, garden, or container. Plant 2-3 seeds in each hole at 2 feet apart. Rule of thumb: plant a seed as deep as the seed is big (small seeds plant closer to the surface with less soil on top, larger seeds plant deeper into the soil with more soil on top). The butternut plant is a vine and will need ample space to produce, because of this it is not ideal for tall container planting.



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