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Is pumpkin squash good for dogs

Squash season is just around the corner, and with it comes endless options for soups, pies, side dishes, stews, and more. From yellow squash to butternut squash to kabocha squash, you've probably noticed more than a few types of squash at your local farmers market or grocery store. In fact, there are over 100 types of squash that are categorized into both summer and winter varieties. Most squash varieties have a mild, nutty flavor and silky texture. As a result, they are usually treated as vegetables in cooking. Squash, however, is technically a fruit. This is because it contains seeds and comes from the flowering part of plants. Other fruits that are treated as vegetables are cucumbers, aubergines, and tomatoes. Now that we've settled, read on to a list of sixteen common winter and summer squash varieties, plus easy ways to cook with them. When it comes to winter squash, there are a dozen common varieties readily available. Winter squash is harvested in the summer, but gets its name based on how long it will last. It typically has a hard exterior which ensures that it will last for several months after its harvested (no refrigerator necessary!). When choosing a variety of winter squash, the stem is the best indicator of maturity. Ripe squash should have a tan, dry stem and a matte exterior (rather than a glossy finish). For more, check out [Four Ways to Cook Winter Squash](#). Perhaps the trendiest of all squash varieties, spaghetti squash has a shredded meat that looks like, you guessed it, spaghetti. That's why it's often used as a healthy, low-carb substitute for pasta. It is also perfect for stuffing due to its spacious interior. Popular Spaghetti Squash Recipes: [Read More: How to Cook Spaghetti Squash](#) This squash is typically shaped like a pear, with a tan outer hue. The classic sweet flavor and rich texture of this winter squash makes it a popular pick for cold weather dishes such as soups, risotto, or gnocchi. It is also incredibly versatile and can simply be baked or sautéed to bring its unique flavor. VIDEO: [Watch How to Make Roasted Butternut Squash Soup](#) Roasted Butternut Squash Soup Is Cheap, Easy, Nutrition, and Absolutely Delicious, Says Chef John. If you're feeling like something a little more elaborate, try this topped with a handful of crispy bacon or chopped ham. See how it's done! Popular Butternut Squash Recipes: Popular Acorn Squash Recipes: Delicata is an heirloom variety with a cream and green striped crust. This elongated-shaped squash is very tender, and the taste looks like a sweet potato. The skin of a delicata squash is actually edible as it is very thin. They are delicious baked or stuffed and you can even fry the seeds for a salt fall snack! Popular Roasted Delicata Squash: This Japanese squash has a squat shape, green crust, and orange meat. The dense meat and sweet taste make it suitable mashing and using in baked goods. It is also commonly used in soups, and is primarily grown and eaten in Japan, South Korea, Thailand, and the United States. Popular Kabocha Squash Recipes: Kabocha Squash Mini Muffins/Vietnamese Kabocha Squash Soup Sweet dumpling squash is much smaller than other winter squash varieties. It is roughly the size of a large apple and looks like a small pumpkin with a multi-color crust. Due to the size and shape of this squash, it is often cut out and used as a dish for soups or filled with meat, grains, cheeses and other vegetables. The taste looks like a sweet potato, and the meat is smooth and tender. Try replacing sweet dumpling squash for acorn squash in your recipes. Read more: [How sweet it is: Sweet Dumpling Squash](#) This bright orange pumpkin is a fall favorite, but there's much more to it than just decoration. Sugar pumpkin is used mostly for pumpkin pie, but it's also great in bread, muffins, cupcakes, and soups. Popular Sugar Pumpkin Recipes: Mrs. Sigg's Fresh Pumpkin Pie/Pumpkin Soup/Pumpkin Muffins This squash, also known as an orange Hokkaido pumpkin, has a droplet shape and an orange skin that is edible when cooked. Its meat has a smooth texture, yellow color, and chestnut flavor. The word kuri is actually Japanese for chestnut. Like sweet dumpling squash, red kuri squash can also act as a substitute for acorn squash. Try to fill it with rice, vegetables, beans or meat. Read more: [How to prepare and Cook Red Kuri Squash](#) This amazing, multi-color squash is a cross between acorn and sweet bun squash, and can be easily replaced by either one. The meat is sweet is great for stuffing, baking or using in soup. Try this [Carnival Squash Recipe: Chicken and Mushroom Pot Pie with Squash Crust](#) Not to be confused with butternut squash, buttercup squash similar in appearance kabocha, with an orange meat that dries up after cooking. This squash requires peeling as the skin is inedible. It is best toasted as a side dish, baked in a stew, stuffed, or mashed for soups. Popular Buttercup Squash Recipes: This massive squash can weigh somewhere between five to fifteen pounds, and has a slate-toned color and a lumpy exterior. But don't let looks fool you - this squash has a sweet meat that can be used as a substitute for pumpkins. The texture is grainy, so its best mashed or pureed. Try hubbard squash as a substitute for acorn squash in these [Fall-Infused mashed potatoes](#). Popular Blue Hubbard Squash Recipes: [Grandma's Sweet Hubbard Squash](#)/Hubbard Squash Pie Read more: [Hubbard Squash: How to Make This Giant Squash](#) Like their namesake, this squash has a pale yellow exterior and a long shape. Its meat is orange and sweet and is perfectly mashed or pureed to soups. It can also be used as a salad topping by thinly shaving pieces of the meat. Popular Banana Squash Recipes: [Potatoes](#)/Banana Squash Soup with sweet potatoes and green apple While yellow squash and zucchini squash can be found in the grocery store most of the year, summer also brings new varieties of squash. The biggest difference between summer and winter squash is their time on the vine. Summer squash is harvested much earlier than winter squash, giving it a soft and tender exterior. Summer squash is best chopped and sautéed, and requires less time to cook than winter squash. Remember that when it comes to summer squash-it should be cooled and eaten within a week or two of purchases (as opposed to the tough winter squash types). Related: [10 Types of Summer Squash](#) and [How to Cook With Them](#) Yellow Squash has a bright yellow exterior and a pear-shaped bottom that tapers towards the top. It is often used interchangeably with zucchini or paired with it (they are like peas in a pod). There are two varieties of yellow squash, distinguished only by the shape of their neck: straight neck and crookneck. They tend to have thin, sore skins that make them easy to chop and sauté or bake in a pan. Popular yellow squash recipes:

Zucchini is the summer's favorite squash, and with good reason. This versatile veggie has a deep green color and straight shape. Zucchini tends to take on the taste of the accompanying spices, making them perfect for just about anything: grilling, sautéing, steaming, baking, and more. It also makes a great low-carb substitute for french fries or noodles. And of course, zucchini is great for baking. Whether it's classic Zucchini Bread or even cookies, you can pretty much do it all with zucchini. Popular Zucchini Recipes: This summertime squash takes the form of a spaceship, and can come in a variety of colors, including white, yellow and green (or a blend). This unusual squash is not as readily available in grocery stores as yellow squash or zucchini, but it can often be found at local farmer markets. This is another versatile squash. It's fantastically steamed, sauteed, fried, Gotgrilled, baked, and stuffed. Popular Pattypan Squash Recipes: Although this squash looks like a pear, you probably don't want to bite directly into it. Chayote squash originated in Mexico, and has now grown all over the world. This is a very low calorie squash, with a flavor similar to a cucumber. Like other summer squash, it is extremely versatile and can be grilled, sauteed, baked, or used in soup. You can even eat it raw as a salad topping for extra crunch. Popular Chayote Squash Recipes: Chayote SoupChayote and Sausage StewChicken and ChayoteMore Chayote Recipes Related: Browse our entire collection of Squash Recipes. Forget summer cobblers and say goodbye to cookouts. Were you going to fire up the barbecue for old times? Too bad. Because the fall is here, and we're bringing out the alluring. Mostly it means a big pumpkin feast, all day, every day Spring. There lattes to drink and pies to bake - but even as you sip on pumpkin spice Oreos, let's not forget the seasonal underdog: butternut squash. Sure, it may not have the decorative appeal of pumpkins. You can't cut it. You can't put a light in it. And you definitely can't go to the butternut patch and Instagram heck out of it. But here's what you can do: since butternut squash is way down for what you craving, you can make it a whole season of cozy fall foods, from creamy soup to risotto. Move, pumpkin. There's a new dragon in town. Photo: Ella Ella, of course

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