



ORGANIC HONEYNUT SQUASH

ORDER NOW: ORDER@GROWNUPFRESH.COM

SEASON: YEAR ROUND

FLAVOR PROFILE: SWEET, NUTTY, UMAMI

UNIQUE FEATURE: THIN EDIBLE SKIN

LOADS:

WA: Kent, Wapato

OR: Portland

CA: Los Angeles,
Esparto

DELIVERY:

Portland, Seattle,
Los Angeles, and
California Bay Area

Small in size
Big in flavor and nutrition



The Organic Honeynut Squash is tiny compared to other squash relatives, averaging 2.5 to 4 inches wide and 4 to 5 inches long, but what it lacks in size it makes up for in flavor and nutrition. A single serving is estimated to have twice the beta-carotene as a normal butternut squash, and it would only make sense that something so small and cute is also so sweet. Within its thin, edible skin, it has a naturally sweet, malty, and caramel flavor that is accentuated when roasted.

56 / pallet

35 lbs / case

Label: Grown Up Organics



GROWNUPFRESH.COM

(877) 319-7788

Growing **FOR** Future Generations **ONE SEED AT A TIME.**