



# Carnival Squash

Sometimes labeled as a type of acorn squash the carnival squash is also a winter squash. Carnival squash range in size from 5- 7 inches in diameter and are cream colored with orange spots or pale green with dark green spots in vertical stripes. Carnival Squash have hard, thick skins and only the flesh is eaten. The flesh is similar to a sweet potato and butternut squash and can be baked or steamed. All squash provide vitamin A, Vitamin C, some of the B vitamins and are a good source of fiber.