

Autumn Frost Squash

Autumn Frost produces uniquely ribbed, round fruit that ripens to dark tan with a frosted overlay. Fruit is similar in taste to a butternut squash, with superior quality, rich flavour and good shelf life. Fruit can be prepared like winter squash. Cut lengthwise, scoop seeds out and roast, then scoop out the tender flesh. Try cutting the top 2 in./5 cm off, scooping out the seeds and roasting whole; perfect for stuffing. Cut 1/2-in./1 cm off the top and bottom of the squash, scoop out seeds, cut the remainder of the fruit into 1 to 2-in./3 to 5-cm rings, and grill on a low fire for a rich, smoky flavour.

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(Cut along dotted line for standard bench card size.)