

KABOCHA



Featured Food for Early Spring

Move over, pumpkin—there's a new winter squash in town. Kabocha squash is a Japanese staple ingredient that's prized for its sweet taste, velvety texture, slew of health benefits, and versatility. If you love pumpkin and sweet potato, then kabocha will quickly become a favorite staple of your diet.

Earth Story

Kabocha is originally from the Americas and was modified through selection with time to create the current kabocha type. The Portuguese brought many crops they found while colonizing Brazil to Asia, and what is now kabocha was introduced to Japan by Portuguese traders in the mid-16th century via Cambodia. While available year-round, the squash grows through the spring and summer months, making kabocha squash's true season late summer to early fall.

Nutritional Benefits

Kabocha squash is perfect for roasting, stuffing, pureeing, soups, and more. On top of its delicious flavor, kabocha squash packs impressive health benefits. Like pumpkin, kabocha's bright orange flesh is high in the anti-oxidant beta-carotene, which translates to vision-protecting Vitamin A. The skin is also an excellent source of fiber, and using kabocha squash in any dish boosts the sweetness without adding extra sugar.

Fun Facts

Legend has it that Portuguese explorers introduced the Kabocha squash to Japan in the mid 16th century and the squash was mistakenly thought to have come from Cambodia because that was the last place the explorers had visited. They called the squash "Cambodia abóbora" which the Japanese renamed to be Kabocha. Kabocha squash is a staple of Japanese cuisine, enjoyed dipped in tempura batter and fried, or slow simmered in hot pots or soups.



Ask your chef for specific recipes and share your culinary experience with us.

