



LOCALLY FARMED
SQUASH



SEEDS SMALL-BATCH
ROASTED & PRESSED



100% PURE VARIETAL
SEED OILS

Squash Seed Oils - Pumpkin or Butternut

Non-GMO - Free of additives, preservatives, artificial coloring - Squash grown in NY State

Butternut Squash

A squash commonly seen in the produce aisle, butternut squash is bell-shaped with pale skin and firm orange flesh that has a sweet, nutty flavor. A relatively new variety of squash, Waltham Butternut was developed in Waltham Massachusetts in 1970.

Oilseed Pumpkin

Unlike other squashes, oilseed pumpkins are grown for their seeds instead of their flesh. The seeds are hullless, dark green and have a high oil content, making them ideal for producing edible oil. Oilseed pumpkins were first grown in the New World but cultivars were refined over several centuries in Europe, notably Austria, which is renowned for its Styrian pumpkin seed oil.

- Use just like olive oil or butter
- Use as a dipping oil for breads and fresh cut veggies
- Drizzle over fruit: strawberries, mango, avocado, then sprinkle with sea salt
- Add to sautéed asparagus, Brussel sprouts, wilted kale or spinach
- Drizzle over grilled fish and fresh arugula
- Garnish hearty winter soups
- Replace other oils in muffin recipes for a nutty flavor
- Add to instant oatmeal or yogurt

Recipes are posted on our website!