



Nutritious, Delicious, Wisconsin!

WINTER SQUASH TAUB



Kabocha Squash

Butternut Squash



Hubbard Squash



Thai Pumpkin Squash



Buttercup Squash



HMoob Varieties

- Kabocha Squash
- Hubbard Squash
- Thai Pumpkin Squash
- Buttercup Squash
- Pumpkin Squash
- Butternut Squash
- Calabaza Squash
- Spaghetti Squash
- Acorn Squash

Terminology

Taub refers to squash in general. To tell the difference between types, **taub dag** is used to describe yellow-fleshed squash, which helps to distinguish between summer and winter squash varieties.

TASTE & TRADITION



Taub tsuag is a popular vegetable-based soup and/or beverage. Winter squash is also used in other HMoob dishes, like curries. Squash has a mild, slightly sweet flavor. When cooked, it becomes nutty, rich, and moist. The texture is usually silky, smooth, and soft, depending on how it's cut and cooked. Whole, unwashed, and fully mature winter squash can last for several months if stored correctly. Keep the stem attached and place the squash in a cool, dry place with good airflow.

RECIPE

Winter Squash Tea (Kua Taub)

Ingredients

- Winter squash
- Water
- Optional: sugar

Directions

1. In a large pot, bring water to a boil.
Tip: Use enough water to cover the squash with 1-2 inches of water above it.
2. Add peeled, chopped squash (cut into 1-2 inch cubes).
3. Cover with a lid and cook until the water boils.
4. Remove the lid and use a fork to check if the squash is soft and fully cooked.
5. Once done, ladle and serve hot.
6. Enjoy as a warm, soothing tea or serve over rice for a classic HMoob comfort meal.



Extension
UNIVERSITY OF WISCONSIN-MADISON

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.