

Planting

Summer squash, plant 4/25-8/1

Winter squash, plant 4/25-5/30

Build 6-7" tall mounds that are 8-10" in diameter at the base. In a 4'x12' raised bed summer squash or zucchini should be 3 mounds across, 7-8 mounds down and winter squash should be 2 mounds across, 7-8 mounds down. Place 3-4 seeds in each mound. Cover lightly with soil.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate. Thin to 2 seeds per mound.

Young seedlings: Water when top 1" of soil dries out. Mulch plants with cotton burr compost or straw to keep soil moist.



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Squash

Cucurbitaceae

Nutrition Facts

- Squash provides a good amount of Vitamin A and C.
- Squash helps maintain strong bones.
- Squash provides a large amount of fiber and carbohydrates.

Harvest & Storage

Squash will grow from bright yellow blossoms. Summer squash should grow long and narrow. Once they reach 6-7" harvest the squash.

Winter squashes should be harvested when the squash is a solid color and the shell of the squash feels hard. Harvest the squash by cutting it off at the stem, 2" above the fruit.

Recipe

Wash all vegetables before using

Spiced Apple-filled Squash

4 acorn squash

8 teaspoons butter

4 apples, chopped

1/4 cup honey

1 teaspoon cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon nutmeg

Cut squash in half and scoop out seeds. Place face-down in a microwave safe bowl with half a cup of water and microwave on high for 5 minutes. Melt butter in a separate dish. Add apples, honey and spices to butter and microwave for 2 minutes. Divide apple mixture evenly and scoop into squash halves. Microwave for 3-5 minutes until apple and squash are tender. Enjoy!