



# 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.

## 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.

## 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!



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