

SQUASH

Overview

Squash are part of the *Cucurbitaceae* family of plants. There are many different squash varieties including yellow squash, zucchini, butternut, acorn, spaghetti, buttercup, delicata, and others.



History

According to the US Library of Congress, there are places in Mexico where squash was planted and eaten by local people 10,000 years ago. The Narragansett Native American word "askutasquash" is where the name "squash" is from.

Created By

HEALTHY PLANEAT



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HOW IT'S GROWN

Summer Squash

Plant summer squash seeds (ex. yellow) 1/2-1" below the soil. You can start the squash indoors in early April and then plant the seedlings outside 1-2' apart from one another in early to mid-May. Harvest in the summer.



Winter Squash

Plant winter squash seeds (ex. butternut) 1/2-1" below the soil 2-3' apart from one another. You can plant the squash seeds outdoors in mid-May. Harvest in the fall.

FOOD FOR THOUGHT

Have you ever tried to grow your own squash?
If you buy an organic squash, you can scoop out the seeds and grow your own

NUTRITION

Nutrition Facts

Butternut Squash

1 cup baked
82 calories
1.84 grams protein
0.184 grams fat
21.5 grams carbohydrate
6.56 grams fiber



Health Benefits

Butternut squash is rich in nutrients. 1 cup contains:
457% Vitamin A
52% Vitamin C
17% Potassium
15% magnesium
of your RDA

FOOD FOR THOUGHT

Have you ever eaten squash before?
Think of one meal you could try this week
that includes healthy squash