

Harvest of the Month



Squash

FUN FACTS:

Squash have been around for over 10,000 years! They are FULL of vitamins, and come in different shapes, sizes and colors. There are two varieties:

- **SUMMER** squash, such as zucchini, is harvested when immature, while the skin is still tender and edible.
- **WINTER** squash is marketed only when fully mature. Their skin is rugged and inedible. Some of the favorites include: Acorn, Butternut, Buttercup and Spaghetti.

This institution is an equal opportunity provider.

