

PALMETTO PICK OF THE MONTH

Squash



PREPARING

In the grocery store or market, choose squash that are larger with shiny skins on the outside. Store unwashed squash in an airtight container in the refrigerator. When you are ready to cook squash, wash the outside of the vegetable well.

HEALTH BENEFITS

Summer squash are a great source of copper which help our bodies combat anemia. They are also full of other vitamins and minerals such as calcium, iron, and vitamin B and C.

Squash are a vegetable found in the same family as melons and pumpkins. There are different types of squash, including zucchini, straight-neck/crookneck, and scalloped. They grow well in warmer weather, making it an ideal crop during the summer in South Carolina.

GROWING SQUASH

Sun Exposure: Full Sun

Soil Type : Loamy

Soil pH: Slightly Acidic

Summer squash grows best in warm soil, so plant seeds in the late spring. Plant seeds around 1 inch deep, and 2-3 inches apart.

Squash requires a lot of moisture and grow best with mulch around the plant. Additionally, water frequently and be sure the soil is moist and wet, not just on the surface.

The squash will be ready for harvest around 2 months after planting by cutting the gourd off. They are typically ready to be picked a week after flowering. Check for new squash every day.

Books

Sophie Squash by Pat Zietlow Miller

Zora's Zucchini by Katherine Pryor



For more information about other fruits and vegetables available in South Carolina each month, please visit

CERTIFIEDSCGROWN.COM

PALMETTO PICK OF THE MONTH SNACK



Squash make a great chip substitute. Drizzle with olive oil and salt, roast at 400 degrees and enjoy.

Palmetto Pick OF THE MONTH		SOUTH CAROLINA FARM & SCHOOL	
JANUARY Greens	FEBRUARY Sweet Potatoes	MARCH Lettuce	APRIL Strawberries
MAY Blueberries	JUNE Watermelon	JULY Tomatoes	AUGUST Peaches
SEPTEMBER Peppers	OCTOBER Squash	NOVEMBER Broccoli	DECEMBER Cabbage
		For more information about other fruits and vegetables available in South Carolina each month, please visit CERTIFIEDSCGROWN.COM	