

# Squash



# Squash Facts

- Squash comes in two different varieties, summer squash and winter squash.
- Winter squash has a hard shell and is always eaten cooked. The peak growing season is from September to March. It stores well when uncut in a cool, dry place.
- Summer squash has a soft, thin shell or skin and is completely edible. Because of its high water content, when overcooked, it becomes mushy.
- Most winter squash contains many large seeds in the center. Squash seeds can be roasted similar to pumpkin seeds.
- The majority of squash grows on vines.
- The word squash comes from the Algonquin word *askutasquash*, which means “eaten raw”.
- Winter squash can be baked, roasted, boiled, steamed or microwaved after peeling and cutting. *(To cook squash whole, simply pierce the squash in several places to allow steam to release. Bake or microwave.) It can even be pickled!*
- Spaghetti squash is also called noodle squash, vegetable spaghetti and squaggetti.
- When spaghetti squash is cooked, the flesh falls apart like strands of spaghetti. You can substitute spaghetti squash for spaghetti and serve it with tomato sauce.
- Zucchini are the green version of summer squash, often called *courgette* in other countries.
- The flower of the zucchini plant is edible.

