

# OREGON SUMMER SQUASH GROWN FOR SCHOOLS

Some squash plants spread out while they grow, while other squash grow in a central mound.

Squash belong to the plant family that includes cucumbers and melons.



## NUTRIENTS FOUND IN SUMMER SQUASH

- ~ You can get the full nutritional benefit from summer squash by eating the skin and the inside portion.
- ~ Summer squash is a source of B vitamins, which help your body make and use energy.
- ~ Summer squash is rich in vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.
- ~ Summer squash contains manganese, a trace mineral that helps your body build bones and connective tissue.

Modern squash are descendants of wild varieties native to Guatemala and Mexico.



Squash has both female and male flowers and requires the aid of pollinators like bees to form fruit.



There are several types of summer squash, including patty pan, zucchini, and crookneck. They can be green, yellow, or white.



Summer squash are typically ready for harvest in mid-July in many parts of Oregon.