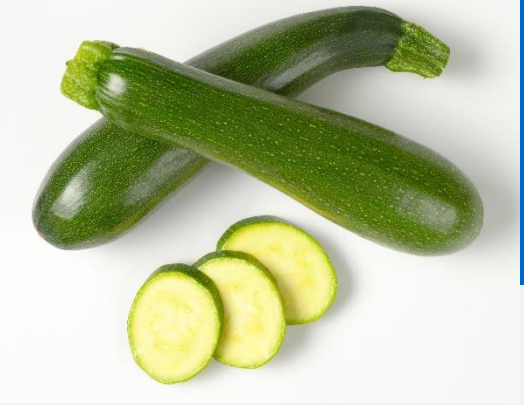

Summer Squash

What am I?

"Summer squash" is typically used to describe yellow squash; however, zucchini is the most popular summer squash. You can eat the peel of summer squash, unlike pumpkin.

How do I grow?

- Summer squash season in Wisconsin is July through September.
- Summer squash grows on a bush or vine.

Nutrition Facts

The skin contains most of the nutrients in summer squash. The skin is rich in potassium, vitamin A , and folate. You can eat them raw

Fun Facts

- Summer squash are a fruit since it flowers and contains seeds.
- American Indian tribes refer to beans, corn, and squash as the "Three Sisters."
- Squash is in the same family as melons, pumpkins, cucumbers, and gourds.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent