Winter Squash

What am I?

There are several varieties of squash which allow them to come in many different colors and shapes. The most popular varieties are butternut, acorn, and spaghetti.

How do I grow?

- Winter squash can either be grown on a vine or bush and flowers.
- The plants are sensitive to frost and bloom in the late summer to fall.

Nutrition Facts

Winter squash contains vitamin A, B, C, beta-carotenes and minerals.

Fun Facts

- The name “winter squash” comes from the skin that hardens into a tough rind, which helps withstand the winter months.
- Squash are in the same gourd family as melons and cucumbers.
- The tough rind and the seeds are not eaten.

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