



# Squash

## Planting from Seed

**When to start seeds indoors:** 1-2 weeks before spring frost date

**Earliest date to transplant hardened off seedlings:**

2 weeks after spring frost date

**Days of Germination:** 5-10 days (in optimal conditions)

## Planting in the Garden

**Recommended garden type and methods:** Direct sow into strawbales, raised bed, hoop house or field grown. Do not disturb roots.

**Spacing for summer squash and zucchini:** 18" apart, rows 5' apart

**Spacing for winter squash:** 6 feet apart

**Companion plants:** Beans, corn, lettuce, radish, marigolds. Avoid broccoli, potatoes.

## Harvesting

1 seed = 3-8 squash

**Days to Harvest:** 85-120 days, depending on variety

**Directions:** Harvest when fully mature, not by size, when skin is dull, dry and hard to press your fingernail into. break the fruit off the vine leaving no stem on the fruit.

Store at 50' in a dry location with good air circulation.

## Use in the Kitchen

**Vegetable subgroup:** Red/orange (acorn, butternut), Other (summer, zucchini)

**Preparation:** Wash and dice, peel if winter squash

**Menu Planning Ideas:** Roast, add to soups and stews, grate, add to quick breads and muffins

**Suggested Flavor Enhancers:** Summer squash - Garlic, lemon, oregano, dill

Winter squash - cinnamon, nutmeg, ginger, curry



## The Lifecycle of Farm to School

This institution is an equal opportunity provider.