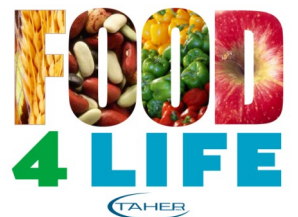




History/Origin

# SUMMER SQUASH

- ☆ Modern squash developed from wild squash that originated in an area between **Guatemala and Mexico**.
- ☆ It has been consumed for over **10,000 years**.
- ☆ It was **first harvested for its seeds** since earlier squash did not contain much flesh and what it did contain was very bitter.
- ☆ **Christopher Columbus** brought squash back to Europe from America.

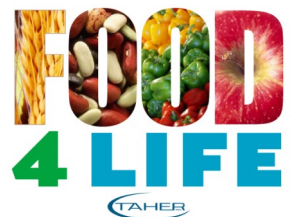




Botanical

# SUMMER SQUASH

- ☆ The English word "squash" is derived from *askutasquash* (a green thing eaten raw).
- ☆ Squash is a member of the **Cucurbitaceae** family, and a relative of the cucumber and melon.
- ☆ All summer squashes are the fruits of the species *Cucurbita pepo*.
- ☆ **Varieties** of summer squash include:
  - Zucchini
  - Pattypan
  - Yellow Crookneck
  - Cousa





# SUMMER SQUASH

- ☆ Summer squash is a **good source** of:
  - Manganese
  - Vitamins A & C
  - Potassium
- ☆ It is naturally **high in fiber**, cholesterol free, and very low in calories, fat and sodium.
- ☆ Summer squash is more than **95% water**.



Fun Facts

# SUMMER SQUASH

- ☆ Zucchini is the **most popular** summer squash.
- ☆ **Florida** is the **largest producer** of squash, followed closely by California.



- ☆ Some varieties of the summer squash plant produce **edible flowers**.

- ☆ Squash is actually a **fruit** and not a vegetable because it contains seeds.

