

Ss

Squash:

- Are actually fruits because it comes from a flower and contains seeds.
- Presidents George Washington and Thomas Jefferson grew them in their gardens.
- Two main types are summer and winter squash
- 100's of varieties including Summer, Butternut, Acorn, Spaghetti, Buttercup, Hubbard, Yellow, Zucchini, Red Kuri, Sugar Pumpkin, and more.
- US imports 90% of squash from Mexico
- Winter squash is harvested in summer, but gets their name from how long it can be stored
- Mostly grows on vines and are native to the Andes mountains
- Yellow squash is the healthiest containing vitamins A, C, B6, Folate, Magnesium, fiber, riboflavin, phosphorous, potassium and more.
- Heaviest squash ever grown was a 2,117.5 pounds
- Longest gourd grown was 127 inches
- Some types have been known to benefit the eyes, are rich in vitamin C, and are high in fiber which aids in digestion.

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