

# Squash

## Squashes are members of the Cucurbitaceae (gourd) family.

Summer squashes grow quickly and have thin skin; to retain the most nutrients, leave their skin on while eating. Zucchini, yellow, and scallop squashes are three primary summer squashes.

Winter squashes have hard, thick skin that allows them to be stored in a dry, cool location for several months.

Edible pumpkins are one of many types of winter squash. Others include acorn, butternut, and spaghetti squashes.



Summer squashes are in season in Georgia from around May through October while winter squashes are in season in Georgia from around September through March.

Yellow squash is one of Georgia's 2019 Farm Gate Value Report's top 10 Vegetables produced in Georgia

Georgia primarily produces commercial squash in south Georgia.

Georgia pumpkins should be planted in late spring/early summer for a fall harvest.



Georgia Department of Education School Nutrition