

# — YELLOW SQUASH —

## What are they?

- Yellow zucchini squash is considered a summer squash because of its soft edible skin (winter squash has a harder shell/skin).
- Its soft edible skin contains most of the nutrients so there is no need to peel it
- The skin usually has a smooth texture.
- This squash variety has an oblong shape.
- Its skin is bright yellow while its inside flesh is a creamy-white color. It also contains small, white seeds that are edible.



## When are they available?

- Harvested locally July through September
- Summer squash is usually available year round due to the different growing seasons in states across the U.S.

## What's so cool about them?

- Virtually, the entire squash plant is edible. The leaves, tendrils, shoots, stems, flowers, seeds, and fruit can be eaten.
- Yellow zucchini squash have been a huge part of Native American's diets for over 5,000 years.
- Although squash is often cooked today, it gets its name from Native American word "*askutasquash*" that roughly translate into "something eaten raw."
- Squash plants are pollinated by honey bees
- The game of squash and the verb "squash" (meaning to pound or flatten) have nothing to do with the vegetable.
- Presidents Washington and Jefferson both grew squashes in their gardens.



## Why should I eat them?

- 1 medium yellow summer squash contains just 35 calories and over half of the Recommended Dietary Allowance (RDA) for Vitamin C.

