

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 and zucchini are both on the list of the top ten vegetables produced in the most recent Georgia Farm Gate Value Report.

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