



Summer Squash

What am I?

“Summer squash” is typically used to describe yellow squash; however, zucchini is the most popular summer squash. You can eat the peel of summer squash, unlike pumpkin.

How do I grow?

- Summer squash season in Wisconsin is July through September.
- Summer squash grows on a bush or vine.



Nutrition Facts

The skin contains most of the nutrients in summer squash. The skin is rich in potassium, vitamin A, and folate. You can eat them raw

Fun Facts

- Summer squash are a fruit since it flowers and contains seeds.
- American Indian tribes refer to beans, corn, and squash as the “Three Sisters.”
- Squash is in the same family as melons, pumpkins, cucumbers, and gourds.

