

Squash

History

Squash was first gathered by indigenous people around 8000 B.C., but became a staple for the Native Americans for more than 5000 years. It also was a mainstay for early European who settled in America. George Washington and Thomas Jefferson were enthusiastic squash growers.

Storage Tips

- Avoid storing squash near apples, avocados or passion fruit, all of which are natural ripening agents that release ethylene gas.
- Do not wash any squash that is meant for storage. Any dampness will cause early rotting. Leave it as you picked it until you plan to use it.
- Winter squash is able to be stored for 3 to 6 months. Summer squash will last about 3 days. The thick skin of the winter varieties makes it the choice for storage.
- A shelf in a cool, dark location is the best place to store your squash.

Nutrition Information

This food is very low in saturated fat, cholesterol and sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Calcium and Magnesium, and a very good source of Vitamin A, Vitamin C, Potassium and Manganese.

1 cup, chopped squash

Calories: 82.0

Fat: 0.2 g

Carbohydrates: 21.5 g

Sugars: 4.0 g

Vitamin A: 475%

Vitamin C: 52%

Manganese: 15%

Sodium: 8.2 mg

Arkansas Grown

Vegetable Quesadillas

- 1/2 cup chopped red bell pepper
- 1/2 cup chopped zucchini
- 1/2 cup chopped yellow squash
- 1/2 cup chopped red onion
- 1/2 cup chopped mushrooms
- 1 tablespoon olive oil cooking spray
- 6 (9 inch) tortillas
- 1 1/4 cups shredded Cheddar cheese

In a large nonstick pan, cook vegetables in olive oil over medium-high heat for about 7 minutes, or until just tender, then remove from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

Cut out this recipe and glue it to a note card for future reference!



How to Pick Them

Select squash with bright, glossy skin, without discoloration. Also, try to find smaller squash, which tend to be younger and more tender than larger ones.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.