






FUN FACTS ABOUT SQUASH




There are two different types of squash: summer and winter squash.


 Summer squash, like zucchini or patty pan squash, have thin skins and can be eaten whole -- skin, seeds, and all.


 Winter squash like pumpkin and acorn squash have robust skins that are not usually edible, much harder flesh, and their seeds generally need to be removed before eating (One can toast and eat these seeds as well).


 Winter squash, as we know it today, is a descendent of wild squash that originated in an area between Guatemala and Mexico nearly 10,000 years ago.


 The English word "squash" comes from askutasquash, which means "a green thing eaten raw". This is a word from the Narragansett language, which was documented by Roger Williams in his 1643 publication *A Key Into the Language of America*.

 Squash and melons are related.

 Depending on the squash, they can be high in Vitamin A, B6, Vit C, folate; Mg, Fibre, Riboflavin, phosphorous and potassium (just to list a few nutrients!)

 Most winter squash have long shelf lives.

 Pumpkins do not have to be orange.

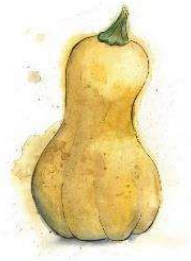
 Spaghetti squash does not taste like spaghetti. It gets its name from the fact that, when it's cooked, its flesh separates into shapes that look remarkably like noodles. Spaghetti squash is much less sweet than most other winter squashes.



When buying whole winter squash, choose ones that are firm and heavy for their size. Choose squash that have an intact shell and are free of moisture, nicks and bruises.



Winter squash have a hard external shell, which means they naturally have a long shelf life. A winter squash with an intact outer shell that is stored properly can last in a cool, dry place for weeks or even months!



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