

# Summer Squash



## Fun facts

Squashes and pumpkins are American foods all the way, squash itself was named by the Narragansett people of Rhode Island who called it " askutasquash."

### Largest Squash

A squash weighing 436 kg. (962 lb.) was grown by Steve Hoult of Stouffville, Ontario, Canada in 1997, and exhibited at The Royal Agricultural Winter Fair, Toronto, Canada on November 4, 1997.

## Squash Squiz

Beside the fruit, what other part of a zucchini plant is edible?

- The flower
- The root
- The stem
- The leaves

Squash was unknown in Europe until early explorers returned from this continent with squash seeds?

- North America
- Australia
- South America
- Antarctica



**zucchini** is a green summer squash



**crookneck** is a type of yellow summer squash

Squash	
Nutrition Facts	
Serving Size	
1 cup (about 1 small squash) (148g)	
Amount Per Serving	
Calories 25	Calories from Fat .31
%Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 2.6mg</b>	<b>0%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 2.5g	<b>8%</b>
<b>Protein 1.2g</b>	
<b>Vitamin A 439 iu</b>	<b>Vitamin C 11mg</b>
<b>Calcium 27 mg</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.