Winter Squash

Today on Gardening in a Minute: winter squash.

If you’re looking for something fun and tasty for your vegetable garden, consider winter squash.

Squash are classified into two groups depending on when they were traditionally eaten. Winter squash have hard rinds and can be stored for up to six months, while summer squash must be eaten right away.

Popular types of winter squash include butternut, acorn, pumpkin, and spaghetti. They usually have orange or yellow flesh, and come in many flavors, shapes, and sizes.

Squash are typically vining plants that require considerable growing space. For small gardens, build a trellis, or look for bush or semi-vining types.

Winter squash are very nutritious and provide vitamin A, vitamin C, and potassium.

And even though the name says winter, winter squash should be planted in spring or fall.

For more information about winter squash and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.

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