

## South Carolina



Farm to  
School



### MAY



### DESCRIPTION

Summer squash is related to melons, pumpkins, cucumbers. Summer squash has three types: zucchini, crookneck/straightneck, and scallop. This warm seasoned crop grows well in South Carolina because of the state's warm soil.

Information from:

<http://quotes.lifehack.org/quote/gwyneth-paltrow/when-i-pass-a-flowering-zucchini-plant/>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=62>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1321.html>

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/marinated-zucchini-and-summer-squash-recipe.html>

# Palmetto Pick of the Month: SUMMER SQUASH

### HISTORICAL FACTS

Summer squash originated in Mexico and Central America. Squashes were one of the many North American foods that Christopher Columbus brought back to Spain.

### HEALTH BENEFITS

Summer Squash has an excellent source of copper! Copper, with the help of iron, in our system prevents us from anemia.

### HARVEST TIPS

Summer squash should be harvested when the flesh appears to be shiny or glossy and harvest every other day. Harvest squash 55 days after planting; harvesting mature plants too late can prevent other fruits from growing.



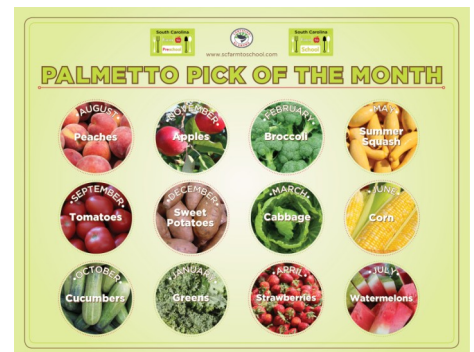
### QUOTE

"When I pass a flowering zucchini plant in a garden, my heart skips a beat."

-Gwenyth Paltrow

### PALMETTO PICK OF THE MONTH SNACK

Drizzle all types of summer squash with olive oil and sea salt and bake at 400° for a crispy treat!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.