



Know What You Grow!



Summer Squash

Scientific Name: *Cucurbita pepo*

Recommended Varieties:

Scallop (pattypan): Peter Pan Hybrid, Sunburst, Early White Bush, Scallopini

Yellow: Early Prolific Straightneck, Early Golden Summer Crookneck, Sundance, Dixie

Zucchini: Aristocrat, Greyzini, Ambassador, Gold Rush, Burpee Fordhook, Black Beauty

Common Pests:

Squash bugs, cucumber beetles and aphids can do damage to squash plants.

Further Information: [IPM](#)

[All Photos: AOL Images](#)

Growing Information

Warm Season Plant

Summer squashes prefer soil and air temperatures above 60° F. They can withstand heat up to 100° F.

Ideal Planting Window

Inland Valley: April – July
Desert: February – March, and August – September

Growing Guidance

Amend soil with compost before planting. **Sow seeds** two or three in a hill. Thin to the strongest seedling.

Water regularly and evenly. Summer squash is known for its prolific bounty. The secret is restraint – one or two plants. Or choose a small bush or patio variety if feeding only one or two people.

Further information: Master Gardener [Fact Sheet](#)



Interesting Facts

- Squash belongs to the same family of plants that includes pumpkins, cucumbers, melons and gourds.
- Did you know that squash, corn, and beans planted together is called a [Three Sisters Garden](#)? The interdependent relationship of the plants helps deter weeds and pests and enrich the soil.
- Each squash plant bears male flowers that produce pollen, as well as female flowers that receive pollen. Both flowers are essential for [pollination](#), usually by bees.
- Squash originated in Mexico and Central America.
- Squash comes from the Narragansett Native American word “askutasquash”, which roughly translates to “eaten raw or uncooked.”
- Presidents Washington and Jefferson grew squashes in their Virginia gardens.
- The world record is a Canadian-grown zucchini measuring 7 feet, 3 inches.

Further Information: [Tons of Facts](#)

Contact Information



RIVERSIDE COUNTY MASTER GARDENERS

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Nutritional Information

Nutritional Value

Squash is a good source of Vitamins A and C, and plus manganese, calcium, magnesium, vitamin E, thiamin, niacin, vitamin B6, and fiber. One cup of sliced summer squash has only 18 calories.

Source: [Nutrition Data](#)

Recipe: ZUCCHINI AND CORN SAUTE



Ingredients:

¼ cup butter

½ small white onion, finely diced

3 small zucchini squash, diced

3 ears corn, kernels cut from ears

Sea salt & freshly ground pepper

Prepare:

- Heat butter in skillet over medium heat until lightly browned, 1 to 2 minutes.
- Cook onion in the melted butter until translucent, about 5 minutes.
- Add zucchini and corn; cook and stir until zucchini is tender, about 8 minutes.
- Season with sea salt and pepper to taste
- Makes 4 servings.

Recipe and Photo Source: [All Recipes](#)