



Know What You Grow!



Winter Squash

Scientific Name: *Cucurbita maxima*

Recommended Varieties:

- Acorn-Table King
- Butternut-Waltham
- Butternut-Tahitian

Common Pest(s): Aphids, spider mites, whiteflies, leafhoppers, leaf miners, squash bug and nematodes. Most of these pests can be washed or hand picked off.

IPM

Growing Information

Warm Season Plant

Winter Squash is a warm-season vegetable. It stores very well so we generally eat it in winter. They require long hot days and warm soil to mature. They grow best when the average temperature is 65 to 95 degrees Fahrenheit.

Ideal Planting Window

Interior Valleys: April-June

Desert: February-March; August

Growing Guidance

Seeds may be planted indoors a month prior to planting them outside. Check your seed packet to see if your plant will be a bush or creeper. You will get many more squash on a creeper. Plant seeds in groups of 3. Plant your seeds at least 2 feet apart. Once the seeds emerge thin to one plant per group.



Interesting Facts

Winter squash is versatile vegetable. It can be used to make everything from soup to pies for a meal.

Winter squash come in a variety of shapes and sizes and have different colored and textured flesh. Small acorn squash weigh less than a pound. Tahitian squash can weigh in at over 40 pounds.

Companion planting. Winter squash grow well with corn, sunflowers, beans, parsley and peas.

The primary pollinator for winter squash is the native “squash bee”. [Squash Bee](#)

Allergies: Winter squash skin and flesh can cause an allergic reaction on the skin when they are cut. There have been rare reports of anaphylaxis after ingesting winter squash or squash seeds.

[NIH Allergies](#)

Contact Information



RIVERSIDE COUNTY MASTER GARDENERS

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Nutritional Information

Nutritional Value

A cup of winter squash is full of vitamins, minerals, fiber, and antioxidants. For example, a cup of Butternut Squash provides 60 calories, 16 g of carbohydrates, and 3g of fiber. It has 300% of the daily value of vitamin A, 50% of vitamin c, 7 percent of calcium, and 5% of iron.

Recipe: Sweet Roasted Acorn Squash Flowers



Ingredients

- 1 acorn squash
- 1 tablespoon olive oil
- 2 oz Parmesan cheese
- 1 dash salt

Prepare:

1. Turn Acorn squash it on its side and cut crossways, so you get the flower shaped slices.
2. Scrape the seeds out from the inside of each slice and arrange on parchment paper on a baking sheet.
3. Drizzle the top with olive oil, sprinkle with salt and Parmesan cheese. Then bake at 425 degrees for 30 minutes.

[Healthy Kids](#)