

## Squash



### What is squash?

- Squash grow on a vine or bush.
- They need well-draining soil with plenty of sunlight to grow.
- Squash plants can grow to be very large with big leaves.
- Squash come in many shapes, sizes and colors.
- They can have soft skins or hard rinds.

### How can it be used?

- Shred and bake into muffins or quick breads or cookies.
- Add to eggs and bake to make a breakfast casserole.
- Roast in the oven with garlic and olive oil.
- Cut into thin strips or spiral into noodles.
- Cut into sticks, coat with breading and bake.
- Add to soup.
- Slice and layer in lasagna.
- Add to stir fry.

### Why is it healthy?

- Each type of squash provides different nutrition benefits.
- Many squash are high in antioxidants.
- They can also be good sources of **Vitamin C and B Vitamins.**

