

## Squash, winter

*Cucurbita pepo* (acom) and *Cucurbita maxima* (butternut)

### Recommended Varieties

### Disease Resistance

|   |        |
|---|--------|
| Acorn                                   |        |
| Table King (bush, strongly determinant) | AAS    |
| Table Ace (semi-bush)                   |        |
| Jersey Golden (semi-bush)               | AAS    |
| Sweet Mama                              | AAS, F |
| Butternut                               |        |
| Waltham                                 | AAS    |
| Early Butternut (semi-bush)             | AAS    |
| Burpee Butterbush (bush)                |        |

Winter squash varieties differ in shape and color. Bush plants require less space than creepers, but often produce fewer fruit. Plant seed 4 feet apart in hills in rows that are 6 feet apart. Once the plants emerge, thin to one plant per hill. Plant when the soil has warmed up in the spring. You can use immature winter squash as a substitute for summer squash. If you wish to store the squash, leave it to mature on the vine. Mature fruits have hard outer shells. Use a sharp knife to cut stems of fruits to be stored. Leave a short piece of the stem attached to the fruit and avoid bruising. Store in a dry, fairly cool location.

Squash plants have separate male and female flowers on the same plant. The male flowers do not produce fruit but they do supply the pollen that fertilizes female flowers. Pollen must be transferred to the female flowers by bees for fruit to develop. Use insecticides late in the evening to prevent killing bees. See *Fruit Set Problems In Summer Squash*, by Hunter Johnson, Jr., retired University of California Cooperative Extension Vegetable Specialist.

### **Nutritional Value of Winter Squash (Acorn variety)**

|                   |                      |                          |                |                          |
|-------------------|----------------------|--------------------------|----------------|--------------------------|
| Serving size:     | 1/2 cup cubes, baked | <u>Primary Nutrients</u> | <u>%RDA(m)</u> | <u>%RDA(f)</u>           |
| Calories          | 57                   | Vitamin C                | 11 mg          | 18                       |
| Fat               | 0.1 g                | Magnesium                | 43 mg          | 12                       |
| Calories from fat | 2%                   | Thiamine                 | 0.17 mg        | 11                       |
| Cholesterol       | 0                    | Folic acid               | 19 mcg         | 9.5                      |
| Sodium            | 4 mg                 | Iron                     | .95 mg         | 9.5                      |
| Protein           | 1.1 g                | Vitamin B6               | 0.2 mg         | 10                       |
| Carbohydrate      | 14.9 g               | Calcium                  | 45 mg          | 5.6                      |
| Water             | 72.2 g               |                          |                |                          |
|                   |                      |                          |                | <u>% Min Requirement</u> |
|                   |                      | Potassium                | 221 mg         | 1.1                      |

## Problem Diagnosis for Winter Squash

Winter and summer squash, (*Cucurbita pepo* var. *melopepo*), are relatives of pumpkin (*Cucurbita pepo* var. *pepo*), melons (*Cucumis melo*) -- cantaloupe, honeydew, crenshaw -- , cucumbers (*Cucumis sativus*), and watermelon (*Citrullus lanatus*). The cucurbits suffer from similar pests and diseases. See Problem Diagnosis for Cucumber to understand how to diagnose the most common insect pests and diseases that attack winter squash.