

FRUITION SEEDS

guide to organically growing

SQUASH

for both winter and summer squash as well as pumpkin

AT A GLANCE

Latin Name: predominantly *Cucurbita pepo, maxima & moschata*

Sun: Full

Life Cycle: Annual

Ease of care: Easy

Direct sow or transplant: Direct sow recommended

Height: 2 feet (unless trellised)

Vine Length: 'Bush' varieties about 2 to 4 feet, 'vining' varieties 6+ feet

Container Friendly: not recommended, though possible in 15+ gallon containers

Microgreens: No

Sprouts: No

For more than ten thousand years, squash (*Cucurbita species*) have co-adapted with humans as a delectable food source (seed, fruit, blossoms, stems) as well as tool source (bowls, ladles, musical instruments). With the greatest diversity centered in what we now call southern Mexico, twenty species of native *Cucurbita* are found from the central southern US to Argentina. "Squash" comes from the Narragansett word *askutasquash*, roughly translating to "a green thing eaten raw."

TYPES OF SQUASH

Summer vs Winter Squash: Across thousands of years, humans have selected summer squash to grow in an astonishing array of colors and shapes, from zucchini to patty pan, crookneck to the kousa-style squash beloved in the Middle East. In fact, all 'winter' squash can be harvested as 'summer' squash and most are remarkably delicious!



Don't judge a squash by it's rind! Color is a tempting though deceptive way to discern ripeness, since rind color often turns the color of maturity 4+ weeks before maturity is reached. Honeynut is a fabulous exception, finally ripe once all the green rind has turned a deep pumpkin-caramel.

The diversity of winter squash is as beautiful as it is delectable. Beyond the broad expressions of color and size, some winter squash varieties store longer than others, some are more sweet, others more creamy, some were selected for deliciously hullless seeds and others for carving as jack o'lanterns. Enjoy sampling the extraordinary diversity of winter squash, Friends!

Bush vs Vine: Most summer squash (plus a few winter squash) varieties are 'bush,' growing only 2 to 3 feet wide and tall, their leaves and fruit tending to radiate from a common center. Most winter squash (plus a few summer squash) varieties grow 6+ foot vines with leaves and fruit throughout.

What's in a (Latin) Name? Three main species of squash are easily cultivated in short seasons, *Cucurbita pepo, maxima* and *moschata*. If you're saving seed, we love you and keep in mind that all varieties sharing a species will cross. *Cucurbita pepo* has a pentagonal, prickly stem and spans the diversity of summer squash including zucchini, patty pan, crookneck styles as well as winter squash from delicata, acorn and pumpkin to spaghetti squash and more. As a whole, *C. pepo* winter squash tend to be delicious straight off the vine though they don't store as long as other species. *C. maxima* has round, thick stems, most commonly known for their buttercup, hubbard and turban style winter squash.

Incredibly sweet and creamy, *maximas* must be cured for their full flavor to impart and also store the longest of all squash types. *C. moschata* have round stems more dense than *maximas*, beloved for butternut as well as long island cheese pumpkins, tromboncino squash and cushaw. Moschatas also require curing for their full, glorious flavors to emerge, though they typically store only through mid-winter. Friends, there are so many other varieties within these species and two more species of *Cucurbita*, beyond these! Enjoy every moment & every bite.

❧ SOW ❧

Direct Sowing Recommended: Squash thrives most with undisturbed roots, so we always recommend direct sowing squash for the healthiest, most abundant plants.

How to Transplant (if you must): Transplanting squash is totally possible! The key is this: disturb their roots as little as possible. Large 2-inch soil blocks are best; decomposing cow pots are second best. Either way, your goal is to transplant with their first cotyledon leaves ideally, or perhaps a first true leaf emerging, so plant your seeds no sooner than ten days prior to anticipated final frost. As soon as their first true leaf is emerging, the chances of their roots being large enough to be disturbed is high. If sowing into decomposing pots, soak the pots thoroughly in water (ideally dilute fish emulsion) prior to planting to help them decompose faster. Also, be sure to bury the edges of the pot entirely: left above the soil, cow pots easily dry out, wicking moisture away from the rest of the pot and plant, quickly containing plant roots rather than decomposing.

Common mistakes:

Sown too early, squash seeds often rot cold soils. **Sown too close and not thinned**, crowded squash grow stressed resulting in reduced harvests as well as increased disease susceptibility. **To encourage abundant fruiting all season**, continue to harvest your summer squash without letting them go to seed. Even if they grow larger than you'd love to eat, a) consider zucchini bread and b) find chickens to relish every bite or c) simply toss them in your

compost so your plants will continue to flower and fruit. **If your squash is blossoming and not fruiting**, your plants are most likely either lacking an essential nutrient to produce fruit or pollination is lacking, which most often happens in periods of incessant rain. Finally, if you love to savor squash blossoms, be sure to enjoy only the pollen-giving flowers rather than pollen-receiving, so you can have your squash and eat it, too.

Days to germ: 7 to 10 days when soil is 70 to 80°F; below 60°F, squash seeds often rot rather than germinate.

When: Squash flourishes in the warmth of summer, so sow your squash directly in the ground around or after last frost. Here in the Finger Lakes, Zone 5, we typically sow our first squash on Memorial Day. The soil is warm enough in most seasons to germinate squash quickly prior to final frost; the limiting factor is covering tender seedlings to protect them if the night temps dip toward freezing again.

Winter squash you'll plant just once, when the soil is finally warm around final frost.

Summer squash we love to succession sow with the earliest planting sown around final frost and the final succession sown about three months before final frost. For us here in Zone 5, our final succession is sown in mid-July. Sow anytime in between to enjoy a consistent harvest til frost in fall! We aim for three weeks between successions.



Squash is so susceptible to disease and insect pressure, especially in humid climates. To prevent disease & insect damage organically, here are some keys: Nutrient-dense soil grows healthy plants with vigorous immune systems; offer ample space for airflow, since overcrowded plants are more susceptible to disease; water soil rather than leaves in the morning rather than evening to reduce leaf humidity. Resist touching plants that are wet; crop rotation always helps. Finally, disease-resistant varieties make a huge difference, though even disease-resistant varieties may not thrive amid poor cultural practices.

Spacing within rows:

Bush Squash (most summer & some winter squash): Sow two seeds (or transplant 1 seedling) every 2 feet, thinning to the strongest one once cotyledon leaves have emerged.

Vining Squash (most winter & some summer squash): Sow two seeds (or transplant 1 seedling) every 4 feet, thinning to the strongest one once cotyledon leaves have emerged.

Spacing between rows: at least 4 feet between bush and 5+ feet between vining varieties

Seeding depth: ½ to 1 inch deep. Squash seed size varies widely, so keep in mind that most seeds are ideally sown twice their depth.

Trellising Squash: Yes, you can trellis your vining squash, just be sure your trellising is seriously strong! Hog paneling is effective both vertical as well as bent into an arbor, so beautifully trellising squash, melons, cucumbers, beans & so much more.

If you're growing a 3 sisters garden, sow your vining winter squash seeds at the same time you sow your pole beans, 2 to 3 weeks after planting your corn.

Succession sowing: We only plant winter squash once, since they need the full season to mature.

Summer squash bear their abundance over the course of the season, though they tend to succumb to disease and insect pressure, so many farmers sow multiple successions of summer squash to keep harvesting consistently til frost. Our first summer squash succession is sown around final frost and the final succession sown about three months before final frost. For us here in Zone 5, our final succession is sown in mid-July. Sow anytime in between to enjoy a consistent harvest til frost in fall! We aim for three to four weeks between successions.

Since squash is so prone to diseases like powdery and downy mildew, sowing varieties with innate disease resistance often amplifies the abundance of later successions.



Some squash varieties store longer than others; Sibley (on left) and Gouda (right) both last well into spring and even summer, when cured and stored well.

Companion planting: The large & vining architecture as well as disease susceptibility of squash makes it challenging to grow in proximity with other plants, though 3 Sisters Gardens (planting flour/pop-corn with dry pole beans and vining winter squash) brilliantly thrive together. Also, in all that open space once seeds are sown, feel free to grow baby greens between your freshly sown squash to harvest before the viney, spiny canopy closes.

CULTIVATE

Soil: Sow squash in full sun with loose, fertile and moist yet well-drained soil with a pH between 6.0 and 6.8.

As with all crops, be sure to test your soil, if you haven't in the last year; our *Soil Testing Made Simple* blog will set you up for success!

Thinning: Once true leaves emerge, thin to the strongest single plant every 2 feet for bush and every 4 feet for vining squash.

Weeding: As with all direct-seeded crops, it's important to stay on top of weeding as plants are emerging to give seedlings the chance to grow without competition. Once plants are established and won't be hindered by it, mulching is an excellent way to reduce weed pressure while retaining moisture. We also love to transplant squash from soil blocks into beautifully mulched beds with straw or biotella, which helps warm the soil.



The best way to thwart the Squash Vine Borer is to 'starve it out' by resisting sowing any C. pepo or maxima species for three years. Thankfully 'Tromboncino' is C. moschata and a delectable summer squash in the meantime!

Feeding: As with all 'heavy feeding' plants, there is a direct relationship between the quality and quantity of nutrients a plant receives and the quality and quantity of abundance you'll harvest. We love to incorporate compost as well as our soil-building slow release organic fertilizer when we prepare the soil. As with all plants in our gardens, we foliar feed our squash every two weeks to surround them with all the nutrients they need to grow healthy and abundant. Dilute fish emulsion, compost tea and worm castings tea are all excellent sources of organic fertility as both foliar feed and root drenching.

Containers: Squash and other 'heavy feeding' crops like brussels sprouts and garlic will grow in nutrient-rich 15+ gallon containers though it's rare that they thrive. If you are growing squash in containers, bush varieties are more abundant than vining varieties. Be sure to fill your container with nutrient dense, slow-release fertility and foliar feed with fish emulsion or compost tea to keep your plants healthy and abundant. Grow just one squash in the center with quick-growing cut-and-come-again greens and herbs along the outer edge of the container. Enjoy our free *8 Keys of Container Gardening Mini-Course* for more tips like this! As squash abundance wanes, your plants are hungry.

Pests: Here in the Northeast, we have three main 'pest' insects to scout for in our squash.

First, the Cucumber Beetle is one of the most common as well as cumbersome creatures to find in your cucurbits, including melons and cucumbers as well as all squash. Long, narrow and lemon yellow with black stripes (and occasionally spots), their feeding on every part of your squash is bad enough but the bacterial wilt they vector can significantly decrease and even destroy your abundance. Covering your cucurbits with hoops and floating row cover as soon as you sow or transplant is a great way to organically protect your plants from Cucumber beetles. Remove the row cover only to weed and be sure to remove the cover as soon as they flower so pollination isn't hindered. As soon as you remove the row cover, cucumber beetles will come swarming in but the full-sized plants will be resilient enough to mature fruit abundantly nonetheless. Dive into our blog, *The Good News (& Bad) About Cucumber Beetles* for more info and insight.

Second, the Squash Vine Borer (*Melitta curcurbitae*) is a great moth to become familiar with because yes, they're beautiful. Also, they're one of the most devastating insects in your garden. Squash Vine Borers make their home in the base of your squash plants, devouring their soft marrow before killing their host. They're particularly fond of any *Cucurbita pepo* plant as well as *maximas*, which includes all manner of zucchini, summer and pattypan squash in addition to pumpkins, acorn, spaghetti, delicata, buttercup, hubbard squash and more. Though challenging to manage, it's far from impossible and hop on over to our blog: *The Dreaded Squash Vine Borer & How to Still Enjoy Zucchini All Season Long* for the full story.

Finally, many people will proclaim, "Stink Bug!" when they see Gray Squash Bugs ambling about on their zucchini. Indeed, they are 'true' bugs and the stink is real when they're crushed. Gray Squash Bugs are close relatives of the resident 'stink bugs' in your home. Both nymph and adult Gray Squash Bugs suck the sweet vascular fluids of your squash stems, simultaneously secreting highly toxic saliva into the plant. A few Gray Squash Bugs won't make a tremendous impact but unchecked, their populations will quickly balloon out of control, sometimes significantly reducing your harvest. Enjoy our blog *5 Easy Strategies to Thwart Your Gray Squash Bugs* for the deep dive.



Cucumber beetles are beautiful, ravenous and, sigh, transmit bacterial wilt. Squish them when you see them! Cover your squash with hoops and floating row cover to exclude them, as well.



Blossom-End Rot is another fairly common malady in squash, though it is a nutrient deficiency rather than disease. Just like blossom-end rot in tomatoes, calcium is the limiting factor which in effect is a water deficiency: calcium is such a large ion that significant water is required for its uptake.

Diseases:

Powdery mildew is one of the most common diseases affecting squash in the Northeast. A fungal disease, affected plants often look as if their leaves have been dusted with powdered sugar (below). There are a number of anecdotal ways to manage powdery mildew once it arrives, though we find prevention is the best cure.

Other common squash diseases in the Northeast include Bacterial wilt, Downy mildew, fusarium wilt and phytophthora.

Blossom-End Rot is another fairly common malady in squash, though it is a nutrient deficiency rather than disease. Just like blossom-end rot in tomatoes, calcium is the limiting factor which in effect is a water deficiency: calcium is such a large ion that significant water is required for its uptake. If you have blossom end rot in either tomatoes or squash, compost the affected fruit and be sure to offer your plants ample water as well as abundant nutrients. It may take a week or two for your plants to recover, so be hopeful as well as vigilant and patient.

Here are the easiest ways to prevent disease in all plants: Nutrient-dense soil grows healthy plants with vigorous immune systems; overcrowded plants are more susceptible to disease; water soil rather than leaves in the morning rather than evening to reduce leaf humidity. Resist touching plants that are wet; crop rotation always helps. Finally, disease-resistant varieties make a huge difference, though even disease-resistant varieties may not thrive with cultural practices.

Season Extension: Squash is quite cold-sensitive, so it's best to plant your harvests such that your abundance will mature well before frost. That being said, if a frost as well as your harvest is imminent, bedsheets thrown over to protect from frost overnight and heavy floating row cover over hoops will extend their abundance, as well.



There are lots of anecdotal ways to treat powdery mildew (left), though we find prevention is the best cure for most diseases and mildew is no exception. Also, even as your plants are suffering from mildew, if they're at all green they're still photosynthesizing, continue to let them send those sugars to your developing fruit. And did you know the rind of delicata squash is delicious? We love to slice them into rings and roast them, skin and all!

HARVEST

The number of days from sowing to harvest varies widely by the variety, so pay attention to variety descriptions. Also, 'days to maturity' or 'days to harvest' are estimations: Variables such as a temperature, water and available nutrients dramatically affect days to harvest.

Summer squash has an impressively wide window of harvest both throughout the season and on the plant. Here in Zone 5 we often harvest summer squash from early July through frost. From miniature squash with a fresh blossom wide open to a large, plump squash with skin a fingernail can still press into, summer squash is delectable

at a wider range than supermarkets imagine. And Friends, don't be afraid of 'over-size' summer squash: we love to grill and bake zucchini bread with summer squash up until the seeds are starting to harden, separating from the inner flesh.

To encourage your summer squash to abundantly fruit all season, continue to harvest your summer squash without letting them go to seed. Even if they grow larger than you'd love to eat, a) consider zucchini bread and b) find chickens to relish every bite or c) simply toss them in your compost so your plants will continue to flower and fruit.

Winter squash needs all season to mature and thus has a much narrower window of harvest, though how you harvest makes all the difference for how your squash will store.

When to Harvest? Winter squash mature about 60 days after a flower is pollinated; here in Zone 5, it's uncommon to harvest fully mature winter squash until mid-September at the earliest. We wait to harvest as long as possible before frost because, even with powdery mildew often drenching the leaves, if there is any green in the leaves & stems that means sugars are being photosynthesized & sent into each fruit.

Of Ripeness & Rind Color: It's true, the skin color is tempting, though deceptive, because rind color often turns the color of maturity 4+ weeks before maturity is reached. Honeynut, with their built-in ripeness indicator, is a fabulous exception! Honeynut is finally ripe once all the green has turned a deep pumpkin-caramel color.



Tromboncino, the Italian trombone squash, deliciously resistant to squash vine borer! An abundant and ebullient summer squash, we harvest when the neck is the diameter of a banana for peak flavor. Tromboncino has fabulously large squash blossoms for stuffing, as well! Trellised fruits grow straight while the fruits along the ground spiral exquisitely.

How to Harvest: Once your plants are quite thoroughly dead and/or it's about to frost, we harvest each fruit by snipping each stem 1" from the fruit, handling them carefully, as if they were marvelously large easter eggs, which perhaps they are.

How to Cure: Very few winter squash are delicious straight from the vine, with delicata and acorn as exquisite exceptions. Most other winter squash are much sweeter & more creamy when 'cured' in a warm (80°F is the dream) place with plenty of airflow for at least one week, effectively 'shrink-wrapping'

as well as deepening their flavor for long-term storage. Your kitchen counter will do a surprisingly excellent job of curing your squash, though a full cure may take several weeks rather than one. Also, the flavor of some varieties, like Sibley, may take a few months in storage to fully develop.

How to Store: Squash store the longest at 50 to 55°F at 55 to 75% relative humidity, ideally in a single layer, to whatever degree possible. Some winter squash only store a short time even in optimal storage conditions, like delicata & honeynut: if we enjoy these on New Years, we consider ourselves fortunate. Others are consistently stored through spring & even summer, like Sibley (the hubbard's cousin) who we met sitting resplendent in the center of Patrice Fortier's dining room table along the northern St. Lawrence in late June. No matter how careful you are, it's inevitable that some of your winter squash will store longer than others. Turn your squash every few weeks as they store and enjoy any fruit with soft spots promptly. Savor the deliciously protein-rich seeds as you scoop them out & enjoy our *3 Things to do with your Winter Squash Seeds* blog for insight as well as inspiration.

Squash blossoms are utterly delectable! Since all squash have separate pollen-giving and pollen-receiving blossoms on each plant, be sure you're only eating pollen-giving flowers so you're not sacrificing the fruit itself. They're easy to tell apart: The pollen-receiving blossom has a tiny zucchini, butternut or whatever other squash you're growing at their base. The pollen-giving flower is simply on a narrow stalk rather than any kind of fruit.

SEED SAVING

Self or cross-pollinated:
Cross-pollinated up to one mile

What's in a (Latin) Name? All varieties sharing a species will cross with each other. For example, all *Cucurbita pepo* varieties will cross up to one mile, including zucchini, patty pan, crook-neck, delicata, acorn, pumpkin and spaghetti squash. You'll find Latin names on all of Fruition's packets as well as our website. Keeping all your *pepos* from crossing is often the hardest part of saving winter squash seed.



Though squash brilliantly pollinate each other, hand-pollination is a fun way to ensure your squash are fully pollinating in extended rainy periods and/or if you're concerned about a lack of pollinators. Also, hand-pollination is a fabulous way to make your own crosses and cultivate even greater diversity in the world!

Hand-Pollination is both possible and fun! Dive into our *7 Steps for Hand-Pollinating Your Own Squash* blog for the full story.

Qualities to select for: First and always, flavor! We also love to select for earliness, abundance, creamy flesh texture, rind color and shape, disease resistance and plant architecture. What else is important for you, Friend? Select for it!

Life cycle: Annual

Wet or dry seeded: Wet

When to harvest:
Ripe, fully mature winter squash is full of ripe, fully mature seeds.

Seed Cleaning Notes:
Removing squash seeds from their fibrous, slippery pulp is deceptively simple! Submerging it all in water and separating by hand is often the easiest way to clean the seeds. Rinse them thoroughly, so none of the residual sugars remain on the seed coat and dry them as quickly as possible.

Warmth is key to drying seeds though heat over 90°F can be detrimental. Gentle, steady airflow also helps seeds dry quickly without damaging them.

Seed storage & viability: Stored in optimum conditions, squash seeds hold their germination for 5 years and often longer. Enjoy our *Secrets of Seed Storage* blog for more tips, including keys if you're freezing seeds.

BEST OF THE BLOG

- 7 Seeds to Resist Transplanting
- 6 Easy Seeds to Direct Sow in June (& How to Transplant, If You Must)
- Timing is Everything: Fruition's Seed Starting Calendar
- Successful Succession Sowing in July
- The Good News (& Bad) About Cucumber Beetles
- The Dreaded Squash Vine Borer & How to Still Enjoy Zucchini All Season Long
- 5 Easy Strategies to Thwart Your Gray Squash Bugs
- 7 Steps for Hand-Pollinating Your Own Squash
- When to Harvest & How to Cure Winter Squash
- 3 Things to do with your Winter Squash Seeds

Enjoy our Seed Starting Academy for step-by-step video tutorials to surround you with abundance.

Insight & inspiration daily!



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OUR VARIETIES: BUSH SUMMER SQUASH



ORGANIC COCOZELLE ZUCCHINI

HEIRLOOM We love Cocozelle's light green stripes on the classic Italian green zucchini, evidence of Costata Romanesco in her parentage. As a result, Cocozelle's flavor soars above

average and Friends, we've been saving seeds for nearly a decade of the plants that have the fewest spines and the most open architecture, making her abundant harvest that much more joyful for everyone involved!



ORGANIC HAIFA'S FINEST ZUCCHINI

Where do we begin? The flavor, the story, the abundance or the near spinelessness? If you don't have time for it all, know this: We are so thankful for the countless generations of humans and plants co-

evolving to lay the foundation for Fruition to collaborate with a regional organic farm and land-grant university to co-create the most flavorful zucchini we've ever eaten. Imagine exceptional nuttiness with a creamy density that melts in your mouth — you won't be tossing these in neighbor's mailboxes, we suspect.



ORGANIC PATISSON PANACHE GREEN & YELLOW

SUMMER SQUASH HEIRLOOM A beloved French heirloom delectable both young as summer squash or mature as winter squash! Their flavor as summer

squash is notably more sweet and nutty compared to classic zucchini with a fine, firm texture that we love on the grill. We are also impressed with the sheer abundance on each compact plant, even in containers.



ORGANIC SUCCESS PM SUMMER SQUASH

If you struggle with powdery mildew, a) you're not alone and b) this is the summer squash for you! Deliciously smooth and straight yellow summer squash, Success PM is abundant longer into

the season than most thanks to her resistance to powdery mildew. Success PM also has strong non-preference of cucumber beetles in Cornell's squash trails, as well.

OUR VARIETIES: VINING SUMMER SQUASH



ORGANIC TROMBONCINO

HEIRLOOM The Italian trombone squash, deliciously resistant to squash vine borer! We love Tromboncino Squash as an abundant and ebullient summer squash; we harvest when her neck is the diameter of a banana for peak flavor. Tromboncino has fabulously large squash blossoms for stuffing, as well! Trellised fruits grow straight while the fruits along the ground spiral exquisitely.

As a massive winter squash, Tromboncino is endlessly impressive to feast our eyes upon though her flesh is more watery and less sweet than classic butternut, so nothing to write home about. That being said, we enjoy her nonetheless! Our favorite way to prepare mature Tromboncino is to slice the neck into large, thin coins to roast with plenty of oil, salt and pepper to make delightful Tromboncino 'chips' for snacking or hilarious sandwiches.

OUR VARIETIES: VINING WINTER SQUASH



ORGANIC BURGESS BUTTERCUP

HEIRLOOM If you like sweet potatoes, you'll love the incredibly sweet and lusciously creamy Burgess Buttercup! She's impressively prolific and her abundance, well-

cured, will surround you 'til spring. A little secret: Our pumpkin pies are generally Burgess Buttercup. Give them a try and enjoy every bite!



ORGANIC DELICATA

HEIRLOOM Lusciously sweet and perfectly sized for the plate, delicata also has thin, delectable skin making supper deliciously simple. Delicata is always the first we savor and though most winter squash only

becomes sweet after curing, delicata is sweet right out of the field. Alas, no matter how well delicata is grown, harvested and cured, she only stores a few months, so savor her before New Years and enjoy every bite!



ORGANIC HONEYNUT

We love LOVElove Honeynut! Super sweet and lusciously creamy, Honeynut is the length of a spoon, each fruit averaging less than one pound. With plenty of fertility, you'll easily harvest 5+

Honeynut from each plant. She loves to climb & the dangling fruit are darling to watch ripen all summer! You'll know Honeynut is ripe when all her green stripes have finally turned caramel bronze; most squash skin turns the color of maturity several weeks before the fruit is, in fact, ripe. Honeynut is the only squash we know that has this remarkable quality. There are just so many reasons to love Honeynut!



ORGANIC GOUDA

After years of appreciating Long Island Cheese pumpkin, we instantly fell in love with Gouda, her little sister. Gouda is also much sweeter as well as resistant to powdery mildew, HOORAY! If you struggle with squash vine borers, you'll be relieved to know that Gouda

is *Cucurbita moschata* rather than *C.pepo*, so those voracious borers are less attracted to the thinner, less succulent vines. Gouda is also a fantastic storage squash; we consistently are making pies in April, in awe of her tenacity.



ORGANIC SIBLEY

HEIRLOOM Had we but one winter squash to grow, Sibley would be the one. Her flavor is magnificent, texture sublime, productivity off the charts and we enjoy them consistently through the following summer. Her 5 to 8-pound baby blue fruits

have been lifted up by the Slow Food Ark of Taste, just be sure she's well cured and then don't invite her to supper 'til January! Her flavors deepen and sweeten with time and Friends, it is so worth the wait.

OUR FAVORITE RECIPES

Grilled Zucchini

Zucchini Involтини

Kousa Mashi

Roasted Winter Squash

Stuffed Winter Squash

Curry Winter Squash Soup

Pumpkin Pie

OUR VARIETIES: BUSH WINTER SQUASH



ORGANIC BUSH DELICATA

Delicata squash is divine though the long, sprawling vines of full-size winter squash can

make it difficult to grow in small garden spaces, raised beds and container gardens. Bush Delicata to the rescue! We're thrilled to share this seed, growing to the marvelously manageable size of a zucchini. Bush Delicata also has resistance to Powdery Mildew making your harvest that much more abundant. Bush Delicata is always our first winter squash to ripen with heavenly flesh surrounded by thin, delectable skin. Enjoy every bite!



ORGANIC INTERSECTIONALITY HULLESS ACORN

Each lusciously sweet acorn squash is filled with delectably hulless confectionary-style seeds, packed with protein & fondly called pepitas. The best of both worlds! In the 1980s, Kimberlé Crenshaw coined the term 'intersectionality' to describe the

unique oppression of African-American women. This squash honors the vulnerability and courage of our sisters as well as the extraordinary capacity of all of us to believe in seeds and indeed, be the seeds of healing, transformation and vitality. Rather than a sprawling vine, Intersectionality is early maturing on a compact bush thriving in gardens and raised beds as well as large containers with plenty of fertility. Similar to Delicata, acorns are delicious right off the vine in September, unlike most winter squash requiring curing to draw out their depth of flavor. Enjoyed before the New Year, even the skin is edible! In a world needing us to see our interdependence as nourishing, may Intersectionality teach us the delicious possibilities of growing ourselves as well as our gardens.

OUR VARIETIES: PUMPKIN



ORGANIC JACK STRAW

Jack Straw is the classic jack o' lantern pumpkin with a solid handle, easy to grow with powdery mildew to make sure you have glorious pumpkins for the fall! We love Jack Straw for their whimsical diversity, as well.

With boisterous pumpkins 8 to 14" tall with a satisfyingly smooth, oblong shape, each one is unique, easy to carve and we hope that you do!



ORGANIC WINTER LUXURY

HEIRLOOM If you're hunting for a pie pumpkin, Winter Luxury is the finest we've found. Her abundant flesh is smooth and sweet, especially compared to most pie pumpkins. Each five to six-pound pumpkin is

perfect for two pies and I confess, we always hesitate to admire her gorgeous silver lattice before we turn her into the oven.

PRESERVING THE HARVEST: *We often grill and freeze summer squash when we find ourselves inundated, adding it to soups all winter long. Though winter squash stores itself quite brilliantly, it's puree freezes quite nicely for soups and pies all winter, as well. Dehydrated winter squash is also a treat our dogs definitely don't turn down.*