

# Squash



Squash is an excellent source of Vitamin A, dietary fibre and potassium. The folate in squash help against heart attacks.



Squash is locally grown in Hawaii, but are mostly available from June through March.

The seeds are found inside the vegetable itself. They are about a dime size and are in a shape of a tear drop.



The squash plant grows on a bush and start producing within 8 weeks. It grows to become a large plant with a prickly stem, and large leaves. There are many types of other squash like yellow squash, zucchini, and pumpkins.

