



WINTER SQUASH

SQUARE FOOT PLANTING: 2 vines in a 1-foot by 4-foot row

SEED DEPTH: ½-1 inch

GERMINATION: 6-10 days

HARVEST

Winter squash can be harvested when the rind is hard, the stems begin to shrivel up and dry, and the skin is too hard for you to poke through it with your thumbnail.

Remove squash from vine with a sharp knife, leaving 1-3 inches of stem on the fruit.

Cure before storing by placing in the sun for 10 days. Cover or put inside if there is any chance of frost.

STORAGE

Do not refrigerate winter squash. Winter squash will store at room temperature for about one month. Store for several months in a dry, cool (50-55 degrees F), but not cold location.

Do not pile squash on top of each other; instead, place squash in a single layer to avoid rotting. Bruised or damaged squash will deteriorate more quickly.

USE

Typically winter squash is peeled, but this is not strictly necessary. Some varieties, like delicata and acorn squash, sport a thinner skin that can be left on and eaten as a good source of fiber.

Winter squash are delicious sautéed, baked, roasted, steamed, puréed alone or with other root vegetables, and added to hearty soups, stews, muffins or pancakes.

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MORE ON WINTER SQUASH

[Epicurious: A Visual Guide to Winter Squash](#)

[Mother Earth News: All About Growing Winter Squash](#)