What's Inside a Squash?

Many of the nutrients are in the skin. Don't peel summer squash! (1)

High in Carotenoids

21% of Vitamin daily requirements

17% of Manganese daily requirements

15% of Potassium daily requirements

A medium squash contains 55% of Vitamin C daily requirements (2)

Vitamin C

Vitamin C is the star nutrient of summer squash, since one medium squash contains over half of the required daily adult value. Since Vitamin C is sensitive to storage time and heat, it is best to consume summer squash raw and freshly picked. Children ages 4-8 years require 25 mg per day while older children and adolescents may require up to 75 mg based on age and gender. (3)

While summer squash is generally lower in nutrient density compared to their mature counterparts, their nutrition content is exceptional. (1) Squash has been used extensively in the Americas and in Europe to treat various ailments, from kidney stones and irritable bladder (seeds) to blood sugar maintenance (fruit). (4) While they come in many different shapes and sizes, the nutrition content is similar. (1, 5) The flesh, skin, and seeds of summer squash are all edible. (5)

Nutrition Fact: Vegetable juice from squash, among others (pumpkin, radish, leek) have been studied for their role in preventing cancer-like cell mutations. Research shows that summer squash may display anti-carcinogenic properties due to their phyto-nutrient content. (5)

References:
1. http://extension.illinois.edu/veggies/ssquash.cfm
5. https://cals.arizona.edu/fps/sites/cals.arizona.edu.fps/files/cotw/Yellow_Squash.pdf

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