



BANANA SQUASH

- ◆ Banana squash can trace its origins back to South America. It was first gathered by indigenous people around 8000 B.C. but apparently only the seeds were eaten, because the fruits were unappealing. George Washington and Thomas Jefferson were enthusiastic growers.
- ◆ Banana squash come in orange, pink and even blue, some varieties can weigh up to 70 pounds and grow to 4 feet long.
- ◆ Fat free, sodium free and an excellent source of vitamin A and C
- ◆ Banana Squash can be harvested in September and October. They will keep well at 50 to 55 degrees for up to six months. It is a winter squash.