**Squash**

**History**
Squash was first gathered by indigenous people around 8000 B.C., but became a staple for the Native Americans for more than 5000 years. It also was a mainstay for early European who settled in America. George Washington and Thomas Jefferson were enthusiastic squash growers.

**Storage Tips**
- Avoid storing squash near apples, avocados or passion fruit, all of which are natural ripening agents that release ethylene gas.
- Do not wash any squash that is meant for storage. Any dampness will cause early rotting. Leave it as you picked it until you plan to use it.
- Winter squash is able to be stored for 3 to 6 months. Summer squash will last about 3 days. The thick skin of the winter varieties makes it the choice for storage.
- A shelf in a cool, dark location is the best place to store your squash.

**Nutrition Information**
This food is very low in saturated fat, cholesterol and sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Calcium and Magnesium, and a very good source of Vitamin A, Vitamin C, Potassium and Manganese.

**Vegetable Quesadillas**
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped zucchini
- 1/2 cup chopped yellow squash
- 1/2 cup chopped red onion
- 1/2 cup chopped mushrooms
- 1 tablespoon olive oil cooking spray
- 6 (9 inch) tortillas
- 1 1/4 cups shredded Cheddar cheese

In a large nonstick pan, cook vegetables in olive oil over medium-high heat for about 7 minutes, or until just tender, then remove from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

**How to Pick Them**
Select squash with bright, glossy skin, without discoloration. Also, try to find smaller squash, which tend to be younger and more tender than larger ones.

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**1 cup, chopped squash**
- Calories: 82.0
- Fat: 0.2 g
- Carbohydrates: 21.5 g
- Sugars: 4.0 g
- Vitamin A: 475%
- Vitamin C: 52%
- Manganese: 15%
- Sodium: 8.2 mg

This item and others like it can be purchased with your EBT card at your local farmer’s market or grocery store.