



# Nature & Nurture Seeds

## Guide to Growing & Using Squash

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**Squash are easy to grow - seeds are easy to start outside!**

In this day and age where you can get food whenever you want whenever you want it, squash is often underappreciated. However, back in the day, our ancestors depended on squash for sustenance in the wintertime, along with other storage crops. Squash are botanically considered fruit, and are divided into two categories: [Winter squash](#) and [summer squash](#). Both types of squash are planted at the same time and grown throughout the summer. The difference is the harvest time; summer squash (such as zucchini) are immature squash – that is, they are harvested during summer when they are young and tender. Winter squash (such as Butternut, Butterbush, and Delicata) are harvested in the fall when fruits are mature and have a hard shell. They are stored and eaten through the wintertime, and are generally sweeter than summer squash.

### Why Grow Squash?

- They're tasty!
- They're nutritious!
- They're easy to grow – sow seeds directly outside into the soil!
- They're productive!
- When stored properly, winter squash can last through winter



### Tips for Growing Squash

#### 1. Starting seeds:

- Sow squash seeds directly outside around June 1<sup>st</sup> for winter squash, or between June 1<sup>st</sup> and June 15<sup>th</sup> for summer squash or...
- Start seeds indoors around May 1<sup>st</sup> into biodegradable pots. Transplant squash plants outside pot and all, any time after May 20<sup>th</sup>
- Seed planting depth: ½" depth
- Make sure to keep seeds moist (but not too wet!) until germination

2. **Soil:** Adding compost to the soil will make your squash very happy!

3. **Light:** Plant squash in full sun.

4. **Spacing:** Vining squash ramble and take up a lot of space while “bush” types can be grown in smaller spaces and containers. See the “growing instructions” on our website and on the back of our seed packets for the correct spacing of each squash variety.

5. **Water:** Be sure to water your squash plants several times per week!

## Growing Squash: The Nitty Gritty

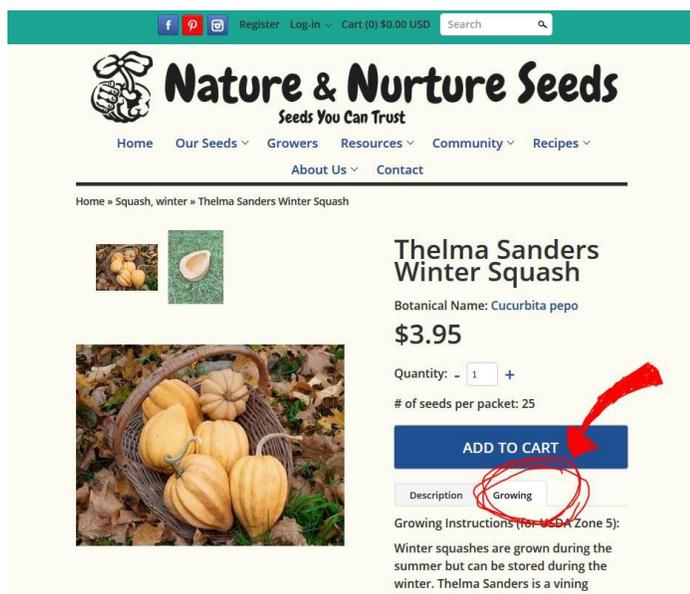
- Starting seeds inside:
  - Use biodegradable pots - as with all plants in the cucumber family, squash plants do not like their roots disturbed during transplanting. Plant the pot into the ground.
  - Ideal temperature for germination is 85° - 95° (you may want to use a heating mat).
  - Squash seedlings are sensitive to damping off fungus so keep germinating seeds on the drier side and use a fan (set to low) to provide air circulation.
  - Once 2 leaves appear, grow plants at 72°.
  - Do not let plants become potbound.
- Pests:
  - Cucumber beetles, squash bugs, and vine borers: protect seedlings by covering them with row cover fabric at planting and leaving it on until plants are flowering.
  - Deer and groundhogs: use repellents or fencing

## Harvesting Squash:

- Summer Squash: harvest when squash is young & tender – pick zucchinis frequently before they grow into monster-sized squash!
- Winter Squash: leave squash to ripen on the vine as long as possible into early fall, but harvest them before temperatures drop below 50. If left outside past this point they may become damaged and won't store properly.

Find detailed **growing, harvesting, and seed saving instructions** for each variety on our website and on the back of each seed packet!

### Website



**Nature & Nurture Seeds**  
Seeds You Can Trust

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Home » Squash, winter » Thelma Sanders Winter Squash

**Thelma Sanders Winter Squash**  
Botanical Name: Cucurbita pepo  
**\$3.95**  
Quantity: - 1 +  
# of seeds per packet: 25

**ADD TO CART**

Description Growing

Growing Instructions (for USDA Zone 5):  
Winter squashes are grown during the summer but can be stored during the winter. Thelma Sanders is a vining squash so allow plenty of space for them

### Seed Packets



## Storing Squash

- Store winter squash in a cool, dry spot (a cool basement will do)
- Ideally winter squash should be stored in a place where the temperature is between 50° and 60°F
- Relative humidity should be between 60 and 70 percent

## Squash Recipes

Not sure what to do with your squash harvest? Squash are very versatile in the kitchen. Here are some examples of how you can use root vegetables after the harvest! In general, most squash can be eaten steamed, sautéed, baked, roasted, stir-fried, or made into a soup or bisque.

### [Amanda's Crispy Squash Skins](#)

## Squash Galore !

