

# INCREDIBLE EDIBLE IDAHO

PUMPKIN/  
SQUASH

## PUMPKIN/SQUASH FACTS:

Common winter squash varieties grown in Idaho include pumpkin, acorn, butternut, and spaghetti.

Idaho squash is available generally September through November, making this nutritious food a popular side dish for many holiday meals.

Winter squash varies from summer squash in that the skin is hard, thick, and inedible.

Pumpkins are grown primarily for processing with a small percentage grown for u-pick farms, farmers markets and grocery stores.

## PUMPKIN/SQUASH NUTRITION FACTS:

Squash and Pumpkin are good sources of vitamin A, which is vital for healthy vision.

Squash and Pumpkin are also good sources of vitamin C.

Squash and Pumpkins are low in calories, low in fat and packed with fiber.

Idaho pumpkins aren't just grown for Halloween decorations- the pulp inside the pumpkin is a great ingredient for soups, breads, desserts, and even main dishes.



### Counties where pumpkins are grown:

Ada

Gem

Jerome

Washington

Canyon

Gooding

Minidoka

Nez Perce

Payette

Twin Falls

Bannock

Kootenai

