

# Summer Squash

Dr. Leigh Whittinghill, Assistant Professor of Urban Agriculture

## Planting

- Summer squash should be planted between April 20 and Aug 15, May 10 and Aug 1, and May 15 and July 15 in Western, Central, and Eastern Kentucky.
- Mound soil into hills about 4 inches high.
- Hills should be spaced about 4 feet apart, depending on the gourd variety.
- Plant seeds at a depth of 1 inch. If starting as transplants, plant seeds 3 to 4 weeks before planned planting date.
- Thin to 2-3 plants per hill once seeds have germinated.
- If planting in a container it should contain 5 gallons for each plant
- Consult the back of the seed packet for more information specific to your squash variety.



## Care and Harvest

- Like cucumbers, summer squash can be trellised to prevent some disease and fungal problems.
- Water is especially important after buds form. About 1 inch per week (including rain) should be enough, but 2 may be necessary during hot, dry weather.
- Summer squash are ready for harvest 50-55 days after the seeds were planted.
- Yellow squash and zucchini should be 4 to 8 inches in length when picked. Scallop squashes should be 3 to 4 inches in diameter.
- Picking smaller fruit will encourage more flowering.



- Cut the vine 2-3 inches from the squash to prevent damaging the fruit.
- The fruit can bruise easily and should be handled carefully during harvest.



## Storage and Use

- Summer squash can be stored in a refrigerator for up to a week in a perforated plastic bag.
- Summer squash can be frozen. Cut into uniform slices and blanch for 5 minutes. Cool and dry the squash before putting in freezer bags or another container.

## References

- Five Heart Home. 2017. Baked Parmesan Yellow Squash Rounds. Accessed 9 Sept 2018. <https://www.fivehearthome.com/baked-parmesan-yellow-squash-rounds-recipe/>
- Home Vegetable Gardening in Kentucky. ID-128. University of Kentucky Cooperative Extension Service
- Markham, B.L. 2014. The MiniFarming™ Bible: The Complete Guide to Self-Sufficiency on ¼ Acre. SkyHorse Publishing. New York, New York.
- Swiader, J.M. and G.W. Ware. 2002. Producing Vegetable Crops, 5th Ed. Interstate Publishers, Inc. Danville, Illinois.

## RECIPE: BAKED YELLOW SQUASH ROUNDS

Preheat oven to 425°F and place rack in the center position. Line a Baking sheet with foil or parchment paper. Cut

- 2 medium-sized yellow summer squash

Into ¼ inch thick slices and arrange on prepared pan. Lightly sprinkle with

- Garlic salt
- Black pepper

Use a spoon to spread a thin layer of

- ½ cup parmesan cheese

Onto each slice of squash. Bake for 15-20 minute until Parmesan melts and turns a light golden brown.