



Spaghetti Squash

Spaghetti squash has become quite popular as a replacement for noodles. The insides can be forked out and topped with tomato sauce!

Fun Fact: Scientists and historians believe that early squashes were not all that meaty, and instead were grown for their oil-rich seeds and durable rinds that were dried and made into containers or bowls.

Happy Planting!



Notes:

Scientific Name: *Cucurbita pepo*

Days to Harvest: 95 days.

Where to Plant: Plant in full sun (although partial shade is okay).

How to Plant: Squash seeds can be started indoors or planted directly outside in warm soil.

Start seeds indoors about 3 weeks before planting outside. Plant in 5cm (2 inch pots) so plants have lots of room to grow. Use a basic potting soil mix, place your trays or containers in a warm place and make sure the soil stays moist for germination. Squash don't like to be transplanted so be careful with the seedlings and try not to disturb their roots too much. Squash are also sensitive to frost, so don't plant them out too early.

If seeding directly outside, wait about two weeks after your last frost so they soil has time to warm up. Plant seeds 1.5-2.5cm (1/2-1 inch) deep. Leave about 1.5m (5 feet) spacing between plants.

Mulching plants helps retain moisture and suppress weeds. Mounding soil around the base of the plants will help warm and drain the soil early in the season.