

## Squash Long Green - Seeds - buy 1 get 1 free



Each 1 packet contains - 10 seeds of squash.

Rating: Not Rated Yet

### Price

Sales price R 115

Discount

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Description

### Description for Squash Long Green

Squash is a seasonal vegetable. It is very susceptible to frost and heat damage, but with proper care it will produce a bumper crop with very few plants.

Squash come in two main types: summer squash and winter squash. While there s not much difference among the tastes and textures of summer squashes, winter squashes offer a wide array of flavours.

Summer squash (*Cucurbita pepo*) produces prolifically from early summer until the first frost. This group includes both green and yellow zucchini, most yellow crookneck and straightneck squash, and scallop (or pattypan) squash. Most summer squash are ready to pick 60 to 70 days after planting, but some reach harvestable size in 50 days. You can use them raw for salads and dips or cook them in a wide variety of ways, including squash "french fries" and such classics as zucchini bread.

Summer squash blossoms, picked just before they open, are delicious in soups and stews, or try them sautÃ©ed, stuffed, or dipped in batter and fried. (You ll want to use mostly male flowers for this purpose, though, and leave the female flowers to produce fruit.) Summer squash keep for only a week or so in the refrigerator, so you ll probably want to freeze most of the crop.

Winter squash (*C. maxima*, *C. mixta*, *C. moschata*, and *C. pepo*) is a broad category that includes butternut, acorn, delicious, hubbard, banana, buttercup (or turban), and spaghetti squash. Pumpkins are also in this group, but their flesh is often less sweet than other winter squash. Most winter squash take 75 to 120 days to mature.

Steam the young fruits, or harvest and bake the squash when they re fully mature. Dry and roast the seeds. Winter squash are even more nutritious than their summer kin, but the sprawling vines, which can grow 10 to 20 feet long, require more space. If you have only a small garden, try one of the bush or semi-bush cultivars.

Common name	Flower colours	Bloom time	Height	Difficulty
Summer squash, crookneck, pattypan, straightneck, scallop, zucchini.	-	Summer, Winters	Height: 1 to 3 feet Spread: 2 to 4 feet	easy

## Planting and care

Squash is a seasonal vegetable. It is very susceptible to frost and heat damage, but with proper care it will produce a bumper crop with very few plants.

Growing squash plants isn't difficult once you know the basics for the proper care of squash. Learning how to grow squash successfully includes becoming familiar with the types of squash grown, what conditions they prefer, and common squash pests or diseases that may affect them.

Sunlight	Soil	Water	Temperature	Fertilizer
full sun	Requires well-drained soil, requires high fertility. Fertile, loose soil, high in organic matter with pH between 5.8 and 6.8. Plentiful and consistent moisture is needed from the time plants emerge until fruits begin to fill out.	Squash grow best in soil that is kept evenly moist. Squashes require a lot of water in hot weather. Plants may wilt on hot days as they use water faster than the roots can supply. As long as water is regular and deeply applied, wilted plants will liven up as the day gets cooler.	Germination temperature: 60 F to 105 F - Will not germinate in cold soil. Wait to plant until soil reaches at least 65 F - preferably 70 F or more. Germinates best at 95 F.	Add aged compost to planting beds before planting. Avoid feeding squash with a high nitrogen fertilizer, 5-10-10 is best.

## Caring for Squash Long Green

- Mulch plants to protect shallow roots, discourage weeds, and retain moisture.
- Plants love lots of compost and will produce better if well fed.
- When the first blooms appear, apply a small amount of fertilizer as a side dress application and water thoroughly.
- After harvest begins, fertilize occasionally for vigorous growth and lots of fruits.
- For all type of squash, frequent and consistent watering is recommended.
- Water most diligently when fruits form and throughout their growth period.
- To know when to water, use the finger method. Put your finger in the soil and if it's dry beyond the first joint, it needs watering.
- If your fruits are misshapen, they might not have received enough water or fertilization.

## Harvesting

Harvest summer squash when small and tender for best flavour.

Most varieties average 60 days to maturity, and are ready as soon as a week after flowering.

Check plants everyday for new produce.

Cut the gourds off the vine rather than breaking them off.

Fresh summer squash can be stored in the refrigerator for up to ten days.

Harvest winter squash when rind is hard and deep in colour, usually late September through October.

Winter squash can be stored in a cool, dark place until needed.

It will last for most of the winter.

If you have a cool bedroom, stashing them under the bed works well.

They like a temperature of about 50 to 65 degrees F.

Freezing Summer squash:

Wash it, cut off the ends, and slice or cube the squash.

Blanch for three minutes, then immediately immerse in cold water and drain.

Pack in freezer containers and freeze.

Freezing Winter squash:

Cook as you normally would, then mash. Pack in freezer containers.

Pull up those vines and compost them after you've picked everything or after a frost has killed them.

Then till the soil to stir up the insects a bit.

## Typical uses of Squash Long Green

**Special features:**

**Culinary use:**

The squash should be cut in half to remove the seeds.

The yellow flesh of these tends to be very moist and longer cooking times in the oven are needed.

They are generally peeled and boiled, cut up and roasted, or cut small and steamed or sautéed.

It's perfect for pies.

Most people cannot tell whether pumpkin or squash is used in a pie.

Many cooks actually prefer winter squash to pumpkin because it makes a non-fibrous pie.

#### Medicinal use:

Butternut squash contains many vital poly-phenolic anti-oxidants and vitamins. It is one of the low-calorie vegetables, which provides just 45 calories per 100 g.

It contains no saturated fats or cholesterol however, is rich source of dietary fibre and phyto-nutrients. Squash is one of the common vegetables that often recommended by dieticians in the cholesterol controlling and weight reduction programs.

It has more vitamin A than that in pumpkin. At 10630 IU per 100 g, it is perhaps the single vegetable source in the Cucurbitaceae family with the highest levels of vitamin-A, providing about 354% of RDA. Vitamin A is a powerful natural anti-oxidant and is required by the body for maintaining the integrity of skin and mucus membranes.

It is also an essential vitamin for good eye-sight. Research studies suggest that natural foods rich in vitamin A help the body protected against lung and oral cavity cancers.

Furthermore, butternut squash has plenty of natural poly-phenolic flavonoid compounds like a and  $\beta$ -carotenes, cryptoxanthin- $\beta$ , and lutein. These compounds convert to vitamin A inside the body and deliver same protective functions of vitamin A on the body. It is rich in B-complex group of vitamins like folates, riboflavin, niacin, vitamin B-6 (pyridoxine), thiamin, and pantothenic acid.

It has similar mineral profile as that in pumpkin, containing adequate levels of minerals like iron, zinc, copper, calcium, potassium, and phosphorus.

Butternut squash seeds are a good source of dietary fibre and mono-unsaturated fatty acids that benefit for heart health. In addition, they are rich in protein, minerals, and numerous health-benefiting vitamins. The seeds are an excellent source of health promoting amino acid, tryptophan. Tryptophan converts to health benefiting GABA neuro-chemical in the brain.

## References

[http://www.harvesttotable.com/2009/03/how\\_to\\_grow\\_summer\\_squash/](http://www.harvesttotable.com/2009/03/how_to_grow_summer_squash/) <http://www.gardeningknowhow.com/edible/vegetables/squash/>

## Reviews

Wednesday, 06 September 2017

almost all seeds did sprout but growth is slow

Arshad Khan

Thursday, 24 August 2017

Seeds have sprouted - Guess rest depends on climate and how well i look after it.

Rahul Gupta

Monday, 31 July 2017

Good quality seeds, sprouted in couple of weeks

syed shanawaz

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