



SUMMER SQUASH

Eat More Arizona Grown Summer Squash

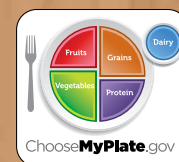
Nutrients Found in Summer Squash

- Vitamin B9 (Folate)** Helps keep your hair, skin and nails healthy and helps prevent birth defects
- Vitamin C** Helps your teeth and gums stay strong and healthy
- Potassium** Helps you maintain a healthy blood pressure



HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Summer squash comes in a variety of shapes and sizes and grows best in a warm season, like summer. Most recently, squash was harvested on 514 acres in Arizona from 879 different farm operations.



Choose summer squash that is glossy, small to medium-sized, solid, and heavy for size.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.