



# HealthiestWeight

Morning Announcement  
November 2015

**Food for Thought**

**Healthy Food of the Month**

**Yellow Squash**

Yellow squash is a vegetable that is grown in Central and South Florida and available from local farms ten months of the year, from September through June.

For the home gardener it is good to know that yellow squash grows on a bushy plant rather than a large vine that requires more space, and it grows well in our warm climate, producing a lot of fruit in a short period of time. Growing your own yellow squash means you can harvest this vegetable at the peak of flavor when it is small and tender; no longer than 8 inches in length. Home gardeners can also enjoy the edible squash blossoms by removing the inner parts and using the flower petals to add to appetizers and salads or stuffed with a cheese mixture and fried lightly in olive oil.

This vegetable contains both vitamin A and vitamin C which aid in normal vision, healthy skin, healing cuts and keeping teeth and gums healthy. It also supplies folate which produces red blood cells in the body and reduces a woman's risk of having a baby with certain brain or spinal cord defects.

Yellow squash can be eaten raw, grated in salads, steamed, roasted or stir fried. Its sunny yellow color will brighten any snack or meal!

**Remember: Make 5-2-1-0 your goal every day.**

- 5** - Fruits and vegetables a day (including yellow squash)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

**This message is from the school nurses at the Florida Department of Health in Okeechobee County.**

References:

1. <https://edis.ifas.ufl.edu/pdf/files/FY/FY111900.pdf>
2. Stibolt, Ginny and Contreras, Melissa. *Organic Methods for Vegetable Gardening in Florida*. University Press of Florida, 2013.