



Eventually the petals shrivel and fall off as the new squash grows. Hand pollinating several female flowers is recommended for seed saving.

**Zucchini** and **Opo** must be allowed to mature on the plant well beyond eating stage in order to save seeds. They will grow very large and change color with the skin becoming too hard to dent with your fingernail. When this occurs and the stem is dry, the seeds are ready to be harvested.

Rinse the seeds very well and dry on a coffee filter, screen or paper plate.

Seeds from winter squash are ready to be harvested when the fruit is ready to eat. Simply cut the squash open, scrape the seeds into a bowl, separate them from the squash, and clean and rinse well. Dry on a coffee filter, screen or paper plate.

Many squash seeds remain viable for up to 6 years when stored in a dry, cool location.

## CREDITS

<https://www.seedsavers.org/black-beauty-zucchini-organic-squash>

<https://www.seedsavers.org/winter-luxury-squash>

<https://www.seedsavers.org/waltham-butternut-organic-squash>

<https://www.seedsavers.org/learn#growing-guides>

<http://www.evergreenseeds.com/calgouropo.html>



# SQUASH

## Zucchini “Black Beauty”

(*Cucurbita pepo*)

## Pumpkin “Winter Luxury”

(*Cucurbita pepo*)

## Butternut “Waltham”

(*Cucurbita moschata*)

## Opo “Medium Long”

(*Lagenaria siceraria*)

## RPLMN.ORG/SEED

Plan a seed.

**Backyard Bounty Urban Homesteading Meetup**

History Center  
of Olmsted County



Rochester Area Foundation

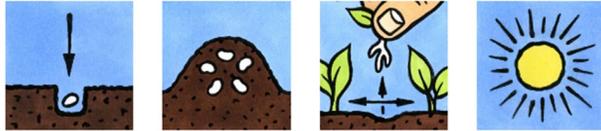


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## HOW TO GROW



Direct Seed: 1"  
Deep

Seeds to Hill: 6-8  
Seeds

Thin: To 3-4 Plants

Light: Full Sun

Plant seeds in the garden or in a pot after the last frost and the soil is warm. Thin plants when they emerge from the soil.

Squash vines can grow 10 feet or more – direct them by picking up the end of the vine and aiming them in the direction you want them to grow. Using a sturdy trellis is the preferred growing method for Opo.

## HOW TO HARVEST

**Zucchini** is a summer squash and will produce squash every week, 45 days after planting. Cut fruits from the plant when 8 inches long or shorter. Large fruits become very seedy.

**Pumpkin** and **Butternut** squash are winter squash, harvested in the fall, 80-100 days after planting. Wait for the fruit to achieve its final color and for the stems to dry before harvesting. Cut fruit from the vine with a knife leaving some of the stem attached.

**Butternut** squash is an excellent storage food and can last months in a cool location.

**“Winter Luxury” pumpkin** should be cooked within a month as it does not keep well.

**Opo** is harvested while still young and tender, 70-75 days from planting.

## HOW TO EAT

**Zucchini** and other summer squash can be eaten fresh in salads, sautéed or used in stir-fry. Slice thin, season and dry as a vegetable chip, or grate and make zucchini bread.

**Winter squash** can be steamed, baked or roasted, and put in smoothies. It is naturally sweet.

**Opo** is eaten much like zucchini, sautéed, in stir-fries or soups and stews.

## HOW TO SAVE SEED

### RATING: EASY WITH PRECAUTIONS

**Zucchini:** annual, insect pollinated. Zucchini will cross-pollinate with pumpkin if not isolated.

**Pumpkin:** annual, insect pollinated. Pumpkin will cross-pollinate with Zucchini if not isolated.

**Butternut:** annual, insect pollinated. Butternut will not cross-pollinate with zucchini or pumpkin as it is a different **species**.

**Opo:** annual, insect pollinated. This edible gourd will not cross-pollinate with other squash on this list.

Cross-pollination will result in seed that won't produce the same squash as the parent plant. To ensure pure seed, grow only one variety of a species.

If growing more than one variety of a species, hand pollination is necessary. You can grow zucchini (*Cucurbita pepo*) and butternut (*Cucurbita moschata*) squash at the same time and they won't cross-pollinate as they are different **species**.

Squash plants have large, yellow male and female flowers. Male flowers are on a long thin stem, and female flowers have a swollen stem behind the flower.

When a squash plant has both male and female flowers, hand pollination can be done over a two-day period. On the first day, choose a male and female flower that have not opened. Secure them shut with clothes pins or tape.

The next day, pick the male flower and carefully remove the petals. Open the female flower and brush the pollen from the male flower onto the surface of the stigma in the center of the female flower. Reclose the petals of the female flower with the clothes pin or tape, and mark the flower stem for later identification.