

Yellow Squash Coins

Look: Yellow squash can vary in color from light butter yellow to bright lemon yellow.

Taste: Yellow squash has a very mild flavor that can be sweet when eaten raw.

Touch: The skin of the yellow squash can be smooth or bumpy. The flesh on the inside is very sticky.



The skin, flesh, and seeds of squash can be eaten raw or cooked.



Did you know?

Yellow squash is part of the cucurbit family, which also includes pumpkins, melons, and zucchinis.



Nutritionals

