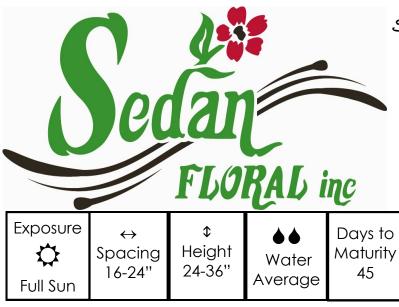
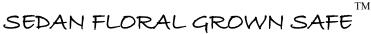
#### Harvest a Healthy Life <sup>TM</sup>







#### YELLOW CROOKNECK SQUASH

Yellow Crookneck Squash produces a 8-10" long yellow curved-neck fruit weighing 1-3 pounds. Know as one of he easiest vegetables to grow.

This squash grows on a bush type plant, just a few of healthy and well-maintained plants will produce abundant yields.

### Harvest Instructions

Harvest the squash when the fruit is approximately 6" long, pale yellow, resulting in a tender and tasty squash.

Their yellow flowers can also be cooked and served alongside your squash dishes.

Don't allow the fruit to stay on the vine, they will give off a hormone that causes the plants to shrivel and die.



A fresh and healthy way to better líving TM

## Plant it Here!

Climbing Mass Planting Gardens

### Serve it up

Baked Fried Sautéed Steamed Grilled Stewed

# Health Benefits

High in Vitamins A & C

Contains Manganese and Fiber



