

Tohono O'odham Squash

(Cucurbita argyrosperma)

What are They?

- Tohono O'odham Squash, or T.O. Squash, is a native squash that develops to be quite large, becoming the size of a watermelon or larger, though shaped more like a gourd, if allowed to grow to full maturity
- Young Squash look much like zucchini, while mature squash look like a large gourd, growing up to 40 pounds
- Due to its thick hard rind, Tohono O'odham Squash holds well and can be preserved in a whole variety of ways, developed by the O'odham people

Health Benefits

High in beneficial
carotenoids



High in Potassium

High in Vitamin C

History

- Native to North America, squash has been highly cultivated giving us the wide variety that we see today
- This particular crop has been been grown in Southern Arizona by the Tohono O'odham for generations



ajo_csa



Ajo Center for
Sustainable Agriculture

ajocsa.com





How to Plant

- Plant about 3 feet apart, to allow the plant space to grow, vines will stretch out and cover a lot of ground
- Plant seeds about 3/4 inches into the soil. The rule of thumb is to plant your seed about times as deep as the seed is big

When to Plant

- Plant either just before monsoon rains, utilizing natural rainfall, followed up by watering when needed or plant seeds as temps warm up, well after any risk of a winter freeze

How to Harvest

- Flowers are edible and can be collected when fully opened and before they begin to wilt
- Squash can be harvested at any point. While some like to allow the squash to mature to full size, the squash can be eaten and prepared while still young



Miscilaneous

- In a special process, this squash can be dried and turned into a rope, preserving the squash to be used at a later date



ajo_csa



Ajo Center for
Sustainable Agriculture

ajocsa.com

