Although spaghetti squash does not taste like spaghetti, it gets its name from the fact that, when it’s cooked, its flesh separates into shapes that look remarkably like spaghetti noodles.

Pumpkins don’t have to be orange. We’re most familiar with bright orange jack-o-lanterns or pumpkin pies, but pumpkins themselves can be orange, green, white, yellow, or even red! Do you have a favorite pumpkin memory? Share with us on social media using the #MDKidsEatLocal!

Unlike summer squash, winter squash is matured when harvested which makes the skin hard and inedible. However, the skin allows winter squash to be stored for 3 months or longer!

Availability
AUGUST – FEBRUARY

Fast Facts

- Although spaghetti squash does not taste like spaghetti, it gets its name from the fact that, when it’s cooked, its flesh separates into shapes that look remarkably like spaghetti noodles.
- Pumpkins don’t have to be orange. We’re most familiar with bright orange jack-o-lanterns or pumpkin pies, but pumpkins themselves can be orange, green, white, yellow, or even red! Do you have a favorite pumpkin memory? Share with us on social media using the #MDKidsEatLocal!
- Unlike summer squash, winter squash is matured when harvested which makes the skin hard and inedible. However, the skin allows winter squash to be stored for 3 months or longer!

Featured Farm
GARRETT GROWERS
GARRETT COUNTY

The Garrett Growers have a wide variety of fresh produce items available throughout the growing season. The co-op of growers use season-extension techniques to allow customers access to local fresh produce from early spring through late fall! You may even see their vegetables in school lunches!