

Delicious, seed to table.



Elior North America



While usually considered a vegetable, all squash are technically fruits

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Squash is rich in vitamins and minerals, including niacin, thiamine, folate potassium, manganese, calcium and iron

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Squash is not a common food allergen and is also gluten-free

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Incredibly versatile, squash can be prepared in both sweet and savory dishes, including pies, salads, stews and risottos

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Growing squash requires very little labor and proves to have no known significant effect on natural resources like air, water, land, etc.