Tromboncino

A fruit vegetable

What nutrients are found here?

Beta Carotene, Vitamins C, K,
and Potassium

What do those nutrients do in my body?

- Support the immune system.
- Support eye and skin health.
- Can help lower cholesterol, blood pressure, & inflammation

How/Where can I grow my own Tromboncino?

- In the ground or raised bed
- This squash is a climbing squash and grows best with a trellis
- This squash can be picked green and used as a summer squash or be picked later when it is yellow/tan and used as a winter squash

How should I store freshly picked Tromboncino

- Store tromboncino squash in a cool place in your kitchen

How can I eat Tromboncino?

- Baked
- Roasted
- Grilled
- In soup

