

# PUMPKIN & SQUASH LEAVES

Originating in West Africa, squash leaves have been a staple for many cultures, often prepared as stews, soups, and curries. Squash leaves can also be eaten fresh or dried. The young light green leaves of the squash plant are tender and highly productive.



## SEEDING

- Sow seeds directly into the soil, planting two per hole to ensure adequate germination
- Start seeds no later than May 26
- Water two to three times per week
- If planting into Bio360 or straw mulch, ensure adequate space for plant to germinate and grow

## PLANTING

- Space seeds 24 inches apart in a single row (plants intended for leaf harvest can be planted closer together than plants meant for fruit harvest)
- Use 12-inch-spaced drip irrigation
- Plants should be covered for first month of growth to prevent squash bug / cucumber beetle damage



## HARVESTING

- Harvest leaves when they are light green and still tender, roughly 6" across
- Clip or cut leaves near the top of the stem and gently stack them in large harvest crate
- Stem can be used, but we try to limit the amount of stem harvested as it is brittle and may offer ingress for pathogens if broken

## WASHING + PACKING

To wash pumpkin leaves, gently dunk them into cold water and slowly agitate to prevent damaged or bruised leaves. Stems can be brittle so use caution when dunking and agitating. Shake leaf bunches dry before storing them in a covered contain and placing them in a cooler to store

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