

Give Your Family More of the Good Stuff!







Summer Squash Basics

\$hop and \$ave

- Although summer squash is usually available year round, July through August is the peak season when summer squash is best quality and lowest price.
- Look for squash that are firm with a thin, bright and glossy skin.
- Avoid squash that have nicks, bruises, soft spots or dents.
- For best flavor and smallest seeds, choose long-type squash that are up to 6 to 8 inches long or flat round types that are about 3 to 4 inches across.
- ⇒ You can still use larger summer squash scrape out the seeds and grate the remaining flesh to add to baked goods, pancakes or soups.

Summer squash is high in vitamin C.

Eating the skin of summer squash
provides the most nutrients.



Types of Summer Squash

Summer squash have thin skins that do not need to be peeled. They are mild in flavor and do not store for long times. Any type can be used in most recipes.

Zucchini is long and straight, much like

a cucumber. The outside can be yellow or light to dark green; the inside is creamy white.

Yellow Crookneck and
Straightneck
are long but
slightly larger on one end.
Sometimes the skin is bumpy.

Scallop or Patty Pan is small, round and shallow witl

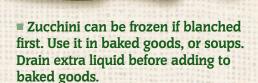
shallow with scalloped edges. The

outside may be white, pale yellow, or medium green with a white inside.

Round ball types are very similar to zucchini except for shape.

Store Well Waste Less

- Wash summer squash just before using by gently rubbing with your fingers under cool running water.
- Store in the refrigerator in open or perforated plastic bags (20 holes per medium bag). For best quality use within 3 to 4 days.



Summer squash is easy to grow and the plants produce a lot.

