



Give Your Family More of the Good Stuff!



Summer Squash Basics

Shop and Save

- 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 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.



- Zucchini can be frozen if blanched first. Use it in baked goods, or soups. Drain extra liquid before adding to baked goods.

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

Serving up Summer Squash

Go to
FoodHero.org
for easy, tasty
squash recipes

Zucchini Salad

Ingredients:

- 1½ teaspoons **oil**
- 1 Tablespoon **lemon juice**
- ¼ teaspoon dried **oregano** or **basil**
- ¼ teaspoon **salt**
- ⅛ teaspoon **pepper**
- 4 small **zucchini**, sliced crosswise
- ½ cup **red** or **sweet onion**, sliced thinly or chopped small
- ¼ cup shredded or grated **Parmesan cheese**

Directions:

1. Mix oil, lemon juice, oregano, salt and pepper together in medium bowl.
2. Add zucchini, onion and cheese. Mix gently. Cover and chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

1 pound of summer squash =
about 2 medium squash =
about 3 cups of raw slices =
3 cups of raw, grated squash =
1½ cups cooked squash

Quick Ways to Use Summer Squash

- ❖ Serve raw with a dip or add to salads or coleslaw.
- ❖ Add coarsely grated squash to pasta sauce or use shreds or ribbons as pasta.
- ❖ Try it on the grill – baste long slices with low fat Italian dressing.
- ❖ Try adding grated zucchini to casseroles, soups or enchiladas.

Sautéed Zucchini

Ingredients:

- 2 medium **zucchini**
- 2 teaspoons **vegetable oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- ⅛ teaspoon **salt**
- ⅛ teaspoon **pepper**
- ¼ teaspoon **oregano** (optional)

Directions:

1. Wash zucchini and cut into ¼-inch thick rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
3. Add garlic and zucchini then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate leftovers within 2 hours.