



SUMMER SQUASH

Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

July through August

Types of summer squash include: zucchini, yellow straightneck, yellow crookneck, patty pan.

BUYING TIPS

Look for small to medium sized squash. Summer squash should also be firm and have a glossy, tender skin

Do not buy squash:

- With soft spots
- With wrinkled skin

STORAGE

Keep summer squash in a plastic bag in the refrigerator. It is best if used within one week. Can also be frozen-contact your county Extension office for information.

PREPARATION

Wash well in cold water. Do not peel squash, just cut off the ends. If squash is large and has a thick skin or large seeds, remove the skin and seeds.

SERVING IDEAS

Slice raw for salads and sandwiches

Boil, microwave, or steam

To Microwave: cut in 1/2 inch slices, add 1/4 cup water, cover and microwave about 5 minutes or until tender. Let stand 1 minute.

KEY NUTRIENTS

Vitamin C for healthy gums, skin, and resistance to infection.

RECIPES

Oven-Fried Squash

2 medium squash
water
1/3 cup Parmesan cheese
1/3 cup flour

Preheat oven to 400 degrees.

Lightly coat a baking sheet with vegetable oil. Peel and slice squash into 1/8 inch thick pieces. Dip in water to moisten. In a bag, shake squash slices in a mixture of 1/3 cup Parmesan cheese and 1/3 cup flour. Place slices on baking sheet. Bake for 5 minutes, turn over and bake 5 minutes on other side.

Serves 4 - 6

Squash Bread

1 1/2 cups flour
2 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. baking soda
1 1/2 cups zucchini or summer squash, shredded
2 eggs, well beaten
3/4 cup sugar
1/2 cup oil
2 tsp. vanilla extract

Preheat oven to 350 degrees.

Mix flour, cinnamon, baking powder and baking soda thoroughly.

Combine well-beaten eggs, sugar, oil, and vanilla.

Beat about 3 minutes. Stir in squash.

Add dry ingredients. Mix just until dry ingredients are moistened.

Pour into well-greased loaf pan. Bake 40 minutes or until toothpick put in center of loaf comes out clean.

Spaghetti Sauce

Add sliced summer squash when making spaghetti sauce for extra flavor and texture.

Department of Health & Family Services

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