



Give Them More  
of the  
Good Stuff!

# Summer Squash Basics



## Shop and Save

- ☘ Summer squash are usually available year round, but are freshest and less expensive from July through August.
- ☘ Look for squash that are firm with a thin, bright and glossy skin. Avoid squash with soft spots, wrinkles or mold.
- ☘ For best flavor and texture, choose smaller squash. Long types will be 6 to 8 inches long and round types, 3 to 4 inches across.
- ☘ Larger summer squash have bigger seeds and less flavor but they are good when stuffed or when grated for baked goods.

Summer squash are high in  
vitamin C, vitamin A and fiber.



Zucchini



Scallop or  
Patty Pan



Round Ball



Yellow Crookneck  
and Straitneck



Squash  
Blossoms



## Enjoy Squash Blossoms

- ☘ Squash blossoms can be enjoyed raw or cooked.
- ☘ Sprinkle pieces over a salad or taco, cook into a soup or stuff with cheese and herbs to bake.
- ☘ Wash carefully just before using. Trim the end near the stem and remove the flower parts from inside.
- ☘ Blossoms are best used the same day, but can be wrapped in a paper towel and refrigerated for up to 2 days.

## Store Well Waste Less

- Wash summer squash just before using. Rub the skin gently under cool running water.
- Store in the refrigerator in an open plastic or paper bag to keep dry. For best quality use

within 3 to 4 days.

- Summer squash can be frozen in 1/2-inch pieces. Blanch first for best color and texture. Place in labeled freezer containers and use within 3 months.
- Summer squash that has been grated can be frozen without blanching. Squeeze to remove extra moisture, then measure recipe-sized amounts into

labeled freezer containers. Drain water after thawing to use in baked goods.



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# Enjoy Summer Squash

## Zucchini Salad

### Ingredients:

- 1 teaspoon **vegetable oil**
- 2 Tablespoons **lemon juice**
- ¼ teaspoon dried **oregano** or **basil**
- ¼ teaspoon **salt**
- ⅛ teaspoon **pepper**
- 4 small **zucchini**, sliced crosswise. Wash first.
- ½ cup sliced thinly or chopped small, red or sweet **onion**
- ¼ cup grated **parmesan cheese**

### Directions:

1. Wash hands with soap and water. Gather ingredients together on a clean surface.
2. Mix oil, lemon juice, oregano, salt and pepper together in medium bowl.
3. Add zucchini, onion and cheese. Mix gently. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

**Makes** 6 cups

**Prep time:** 10 minutes

Go to **FoodHero.org** for easy, tasty squash recipes

## 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**, dried or fresh (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 F 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.

**Makes** 3 cups

**Prep time:** 10 minutes

**Cook time:** 10 minutes



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash produce under cool running water.
- measure ingredients and stir them together.
- grate summer squash with a box grater.

**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