

Summer Squash & Zucchini



How do I make a good selection?

Summer squash and zucchini come in yellow, a variety of shades of green and even striped! Choose firm, slender squash with a bright yellow or green color and free of wrinkled skin and soft spots. For best quality, harvest when it is young and tender, about 6 to 8 inches long and about 2 inches in diameter.

As summer squash gets longer and bigger around, it becomes tougher and develops seeds. These larger ones can be used to make zucchini bread or other baked items; scoop out seeds and pulp with the tip of a spoon.

What is Proper Storage?

Store unwashed squash in perforated plastic bags in the crisper drawer of the refrigerator; wash zucchini just before preparation. For best quality, use within about three to four days. They make a quick addition to meals as they don't have to be peeled!

Why Should I Eat This?

Because it's delicious, with a mild flavor. Summer squash is a great source of Vitamin A, which is a powerful antioxidant that helps support vision and a healthy immune system. They also a source of fiber which can help with digestion, control hunger and stabilize blood sugar.

How Could I Use This?

- Slice, marinate (try balsamic vinegar) and grill.
- Mince & add it to your favorite meatloaf or soup recipes.
- Take your favorite lasagna recipe and substitute thin lengthwise slices between the layers for the lasagna noodles
- Add thin slices raw to lettuce and pasta salads.
- Add to a casserole
- Cut into sticks and serve with a dip.
- Slice/sauté in oil over medium heat for about 5 minutes until tender crisp; toss into heated pasta sauce for a veggie-packed pasta topping.
- Add to a stir-fry

RECIPE: Quick Summer Squash Sauté (from Anchor Run CSA)

INGREDIENTS

- 1-2 Tbsp Oil (olive oil, if possible)
- 2 Tbsp thinly sliced almonds (optional)
- 1 medium or 2 small squash, cut into 1/8 inch matchsticks
- Salt and pepper
- Pecorino Romano or parmesan cheese (optional)

INSTRUCTIONS

Heat large skillet over medium high heat and add enough oil to coat the pan well. Heat the oil until hot but not smoking, then add the almonds to the pan (if using). Cook them, stirring until the almonds are golden-brown, approximately 1-2 minutes.

Add the squash to the pan, tossing it with the oil and almonds (if using) until just begins to glisten, about 1 minute. (Cook the squash until it begins to soften.)

Season with salt and pepper to taste. Transfer to a plate and sprinkle with cheese, if using.

Variation: Add a thinly sliced onion to your sauté.

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