
Selection

When purchasing summer squash, look for ones that are heavy for their size and have shiny, unblemished rinds (skins).

The rinds should not be very hard as this will indicate that it is over-mature and will have hard seeds and stringy flesh.

Be sure to purchase summer squash that are average in size, a large summer squash will be fibrous and those that are too small will not taste very well.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ If summer squash gets any punctures in it, it will decay rapidly.
 - ◆ Store summer squash in air tight containers for up to 7 days.
 - ◆ Keep produce and meats away from each other in the refrigerator.
 - ◆ Before cutting, cooking, or eating, wash vegetables under running water.
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Why Buy Local?

- ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
 - ◆ You are making a healthy choice for you and your family.
 - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
 - ◆ Local foods taste good!
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FOR MORE INFORMATION...

Contact your local Extension office:

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Summer Squash Calabanza de Verano

Uses

Summer squash can be cooked or eaten raw. It tastes great grated in salads. It can also be served raw with your favorite dip.

Squash is tasty made into a ratatouille, in stir-fry, or in a casserole.



Summer Squash Casserole

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C
- ♦ Good source of Iron

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Primary Sources: WH Foods; Images from Google images

Try It!

Summer Squash Casserole

INGREDIENTS

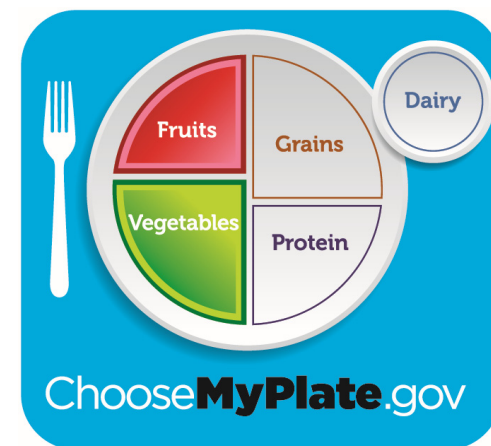
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|----------|--|
| 2 pounds | Summer squash or zucchini, sliced 1/4" thick |
| 1/4 cup | Onion, chopped |
| 1 can | Condensed cream of chicken soup |
| 1 cup | Low-fat sour cream |
| 1 cup | Carrots, shredded |
| 8 oz. | Herb stuffing mix |
| 1/2 cup | Melted butter |

INSTRUCTIONS

1. In saucepan, cook sliced squash, carrots and onion in boiling water for about 5 minutes or less.
2. Combine soup and sour cream. Fold in drained vegetables
3. Combine stuffing mix and butter. Spread 1/2 of mixture in bottom of 12x7.5x2" baking pan. Spoon vegetable mixture on top, sprinkle remaining stuffing over vegetables and bake at 350 degrees for 25 to 30 minutes.

Yield: 6 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Scientists have found squash seeds preserved in Mexican caves for more than 10,000 years! It was that long ago when domestication of summer squash originated in Mexico and Central America.

Cultivation of squashes (including summer squash) quickly became popular in North, Central, and South America. Native Americans often referred to squashes as one of the "three sisters" alongside corn (maize) and beans. .