

# BUFFALO FARM TO SCHOOL



# Summer Squash



## Varieties Grown in New York State

- Seneca
- Sundance
- Patty Pan
- Yellow Crookneck
- Zucchini

## Nutrition and Health Benefits

- In addition to being low in calories, Summer Squash is an excellent source of Vitamin C.
- It is also fat-free, saturated fat-free, sodium-free and cholesterol-free.
- Summer Squash contains folic acid!

## How It's Grown

- **Difficulty:** Easy, annual plant
- **Sun & Soil:** Full sun, well-drained, warm soil with fertilizer
- **Size:** Most summer squash grows on compact vines, great for smaller spaces!
- **Planting Time:** 2-3 weeks after last frost
- **Time to Harvest:** 60-110 days after planting
- **Expert Tip!** Summer Squash has edible flowers! Batter them, stuff them, or use them as a pretty salad garnish!

## Storage Tips

- Refrigerate Summer Squash and use within about a week.
- Summer Squash is delicate, so handle with care!
- Rinse right before using.
- Freeze your Summer Squash: Slice and blanch or shred and then store in labeled, freezer safe bags for 3-4 months.

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# Kid-Friendly Eating Tips

- Make it savory! Use Summer Squash in “Squash Parm” like eggplant!
- Make it sweet! Bake with shredded Summer Squash for a healthy dessert!
- Make chips! Slice Summer Squash very thin and bake with a brush of olive oil and a little salt for 20-30 minutes at 425-degrees F.
- Make a boat! Make a Summer Squash boat by hollowing out squash halves and filling with veggies, beans, cheese and breadcrumbs! Bake at 400-degrees F for about 20 minutes.

## Selection

- At its peak, a fully-ripe Summer Squash will have firm, bright, glossy skin, and feel heavy for its size.
- Choose small to medium size Summer Squash of all varieties.

## Preparation & Cooking Tips

- Gently rinse the Summer Squash and cut off the ends. No need to peel, the skin is very soft!
- Expert tip! Add zest to your squashes with fresh herbs and other dried seasonings!
- Don't forget, you can eat Summer Squash raw and cooked!

## RECIPE

### ROASTED SUMMER SQUASH WITH GARLIC & PARMESAN

#### Ingredients:

- 4 medium or 8 small zucchini or yellow summer squash
- 10-20 large garlic cloves, peeled
- 2 tablespoons olive oil
- 1 teaspoon Italian Herb Blend, can be store bought!
- 1/4 cup coarsely-grated or freshly-grated Parmesan cheese
- salt and fresh-ground black pepper to taste

#### Directions:

Preheat the oven to 450-degrees F. Cover a large baking sheet with foil. Wash the squash, cut off both ends, and cut each piece of squash in half lengthwise. Cut the squash into slices about 3/4 inch thick. Peel garlic if needed, and cut some of the bigger cloves in half. Toss squash and garlic with all the olive oil and then with the Italian Herb Blend, making sure all the squash pieces are lightly coated with oil. Spread the squash and garlic out on the baking sheet, making sure all the squash pieces lay flat and the squash pieces are not touching each other more than necessary. Roast the squash and garlic pieces about 20 minutes, or until the squash is barely starting to soften and looks cooked. Then sprinkle desired amount of coarsely grated Parmesan over the top of the squash pieces. Put the baking sheet back into the oven, and cook another 5-10 minutes. Enjoy!

### ZUCCHINI PIZZA BOATS

#### Ingredients:

- 2 medium or 3 small zucchini
- 1/2 c tomato sauce
- 1/2 c low-fat shredded mozzarella cheese
- 2 T parmesan cheese

#### Directions:

Heat oven to 350 degrees. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini. Place zucchini halves into a small baking dish. Spoon sauce in halves, top with cheeses. Bake for 25-30 minutes, until zucchini is soft and cheese is bubbly and browned. Enjoy your healthy pizza boats!

