



**Make it savory!
Use Summer Squash in
“Squash Parm” like
eggplant!**

**Summer
Squash has edible
flowers! Batter them,
stuff them, or use
them as a pretty
salad garnish!**

**ADD ZEST TO YOUR SQUASHES
WITH FRESH HERBS AND
OTHER DRIED SEASONINGS!**

**SUMMER
SQUASH IS
FAT-FREE AND
SODIUM-FREE,
BUT HIGH IN
VITAMIN**

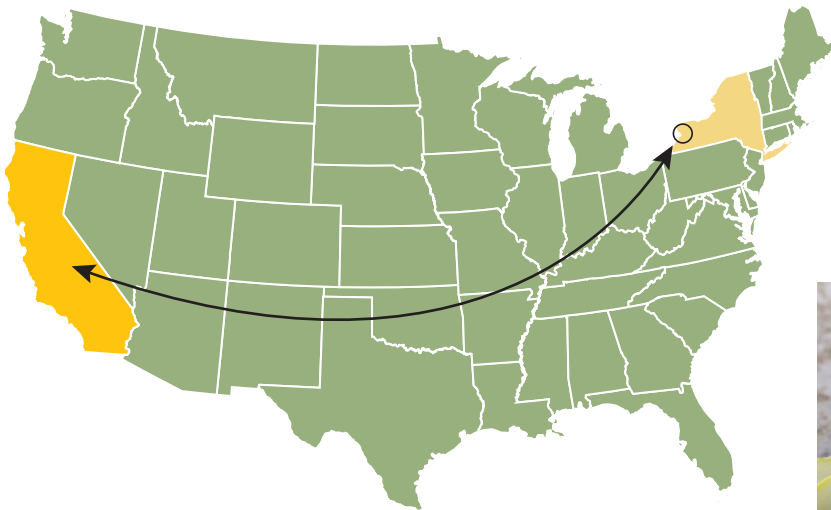
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MAKE CHIPS! SLICE SUMMER SQUASH VERY THIN AND BAKE WITH A BRUSH OF OLIVE OIL AND A LITTLE SALT AND BAKE!

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WITH CALIFORNIA ACCOUNTING FOR MOST OF THE NATION'S PRODUCTION, SQUASH MUST TRAVEL ABOUT 2656 MILES TO REACH BUFFALO.

OUR NEW YORK STATE SQUASH ONLY HAVE TO TRAVEL 90 MILES TO REACH THE CAFETERIA!



DON'T FORGET, YOU CAN EAT SUMMER SQUASH RAW & COOKED!

SUMMER SQUASH IS DELICATE, SO HANDLE WITH CARE!

