

# SUMMER FRESH! SUMMER SQUASH



## SUMMER SQUASH

**Summer squash** are fleshy vegetables protected by a hard rind that is rich in beta-carotene, vitamin C and folate. Summer squash are harvested before they mature completely and thus have a tender shell with light colored flesh and a rind that should be eaten to gain the full nutritional benefit of this vegetable. There are several types of summer squash, including **yellow summer squash**, **cucumbers** and **zucchini**, which is the most popular type of summer squash purchased in the U.S.

## Fun facts about summer squash!

- As its name suggests, the crookneck squash is curved along its slim neck and widens at the base of the squash.
- To store summer squash, keep it wrapped in plastic and refrigerate, using within 5 to 7 days.
- Summer squash are low-calorie vegetables that provide, on average, just around 24 calories raw and 21 calories cooked (½ cup servings).
- Crookneck squash is one type of summer squash that dates back to Colonial America. In 1807, Thomas Jefferson received seeds for what is believed to be the yellow crookneck squash from Philadelphia Quaker named Timothy Matlack.
- Explorers took many types of squash with them back home to Europe from the New World in the early 19th century.

Some information adapted from:

<http://rfhresourceguide.org/Content/cmsDocuments/SUMMER%20SQUASH%20english%20FINAL.pdf>,  
<https://childnutrition.ncpublicschools.gov/information-resources/nutrition-education/fruits-and-vegetables/yellow-squash.pdf>,

[http://www.specialtyproduce.com/produce/Yellow\\_Crookneck\\_Squash\\_1242.php](http://www.specialtyproduce.com/produce/Yellow_Crookneck_Squash_1242.php):

<https://www.tridge.com/intelligences/crookneck-squash>

**Check out the August Commit to Health Foods of the Month newsletter for more information about summer squash and nutritious, yummy recipes!**

# HERBED SUMMER SQUASH SALAD

(1 serving)

## INGREDIENTS:

- 2 lbs. zucchini (*approximately 2*) and crookneck squash (*approximately 2-3*), halved lengthwise and sliced ½-in. thick
- ⅓ cup chopped fresh dill (*or 1 ½ Tbsp dried dill*)
- ½ cup chopped fresh parsley (*or 2 Tbsp dried parsley*)
- 6 cloves garlic, pressed or chopped (*or 6 tsp prepared, minced garlic*)
- 1 tsp salt
- ¼ cup white distilled vinegar
- ¼ cup water (*room temperature*)
- ¼ cup extra-virgin olive oil

## INSTRUCTIONS:

1. In a large bowl, toss all ingredients together until combined.
2. Cover and chill for 2 hours.
3. Serve cold.

### Notes:

- If you are not able to find crookneck squash, you can use yellow squash instead.
- If you do not have dill on hand, use basil or Italian seasoning instead.

Recipe adapted from:

<https://www.littlebroken.com/2015/09/07/herbed-summer-squash-salad/>



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# SUMMER SQUASH AND ONIONS

(6 servings)

## INGREDIENTS:

- 2 Tbsp vegetable or olive oil
- 5 yellow squash or crookneck squash, sliced into circles
- 1 medium sweet onion, sliced
- ½ tsp dried thyme or tarragon (*or use about 2 tsp fresh*)
- Salt
- Pepper

## INSTRUCTIONS:

1. In a large skillet pan, heat oil over medium heat.
2. Add squash and onions, and cook until onions are translucent and squash has become fork tender, about 8 to 10 minutes. Stir occasionally.
3. Stir in thyme, salt and pepper to taste.

### Notes:

- If you do not have thyme nor tarragon on hand, use basil (*2 Tbsp fresh, chopped or 1 tsp dried*) or Italian seasoning (*1 tsp dried*) instead.
- Add a few red pepper flakes if you want a bit of spiciness!

Recipe adapted from:

<https://spicysouthernkitchen.com/summer-squash-and-onions/> and

<https://addapinch.com/squash-and-onions-recipe/>



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