

Harvest of the Month™

SUMMER - SQUASH



SUMMER SQUASH ARE AN AMAZING AND VERSATILE CROP GROWN IN SAN DIEGO COUNTY! IT'S A GREAT SOURCE OF VITAMINS C AND A. IT IS ALSO FULL OF MANGANESE, COPPER, FOLATE, MAGNESIUM, POTASSIUM, AND FIBER.

FOOD WASTE PREVENTION

- KEEP SQUASH UNWASHED, AND REFRIGERATED UNTIL READY TO EAT
- FREEZE SQUASH TO LAST LONGER, IT CAN BE THAWED AND USED TO MAKE EASY ZUCCHINI BREAD
- WHEN CHOOSING SQUASH FROM THE STORE, BE SURE THE SKIN IS TENDER AND UNBLEMISHED

HEALTHY SERVING IDEAS



ROAST IN THE OVEN WITH OLIVE OIL AND SPICES



ADD TO ANY STIRFRY OR SOUP



MAKE ZUCCHINI BREAD OR MUFFINS



FUN FACTS

SQUASH BLOSSOMS ARE EDIBLE AND DELICIOUS! THEY CAN BE EATEN RAW OR COOKED, OFTEN THEY ARE STUFFED AND SERVED AS A SNACK!

SUMMER SQUASH VARIETIES



ZUCCHINI

GREEN SKIN WITH WHITE INSIDE. SLIGHTLY SWEET AND GRASSY TASTE

CROOKNECK

YELLOW SKIN WITH DISTINCT CROOKNECK. BUTTERY AND NUTTY FLAVOR WITH BITTER NOTES



PATTY PAN

UFO SHAPED SQUASH THAT COME IN A VARIETY OF COLORS. SLIGHTLY SWEETER THAN ZUCCHINI

ZEPHYR

YELLOW TOP AND GREEN BOTTOM WITH A SWEET AND NUTTY FLAVOR



GLOBE

DARK GREEN AND ROUND SQUASH WITH A MILDLY SWEET FLAVOR AND FIRM TEXTURE

FUN FACTS

SUMMER SQUASH ORIGINATES FROM MEXICO AND CENTRAL AMERICA. SCIENTISTS HAVE FOUND SUMMER SQUASH SEEDS PRESERVED IN CAVES IN MEXICO THAT ARE OVER 10,000 YEARS OLD!

SCAN THIS QR CODE TO
WATCH ZUCCHINI TIME LAPSE
VIDEO!



SUMMER SQUASH ACTIVITY VIDEOS



SCAN THIS QR CODE TO WATCH A
SUMMER SQUASH RECIPE VIDEO!

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=AY55CSZ_HDU](https://www.youtube.com/watch?v=AY55CSZ_HDU)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MEHZ7TCXJSE](https://www.youtube.com/watch?v=MEHZ7TCXJSE)

ZUCCHINI BREAD

INGREDIENTS

- 3 CUPS FLOUR
- 1 TSP SALT
- 1 TSP BAKING SODA
- 1 TSP CINNAMON
- 3 EGGS
- 1 CUP VEGETABLE OIL
- 1 1/4 CUP WHITE SUGAR
- 2 CUPS GRATED ZUCCHINI
- 1 TBSP VANILLA
- 1 CUP CHOPPED WALNUTS (OPTIONAL)

INSTRUCTIONS

1. GREASE AND FLOUR 2 BREAD PANS AND PREHEAT OVEN TO 325 DEGREE FAHRENHEIT
2. MIX DRY INGREDIENTS IN A BOWL
3. MIX WET INGREDIENTS, THEN COMBINE WITH DRY INGREDIENTS.
4. STIR IN ZUCCHINI AND NUTS UNTIL WELL COMBINED
5. POUR BATTER INTO PANS
6. BAKE FOR 40-60 MINUTES