



University of California Cooperative Extension Marin Master Gardener Program

Summer Squash & Zucchini

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PRESERVING SUMMER SQUASH

Squash is abundant during the summer months. Varieties of summer squash include green and yellow zucchini, yellow crookneck, straight neck, scallop, and patty pan. For best quality, select young, tender squash. When over mature, the rind becomes hard and the seeds toughen. A bushel of squash weighs about 40 pounds and yields 10 to 20 quarts. Summer squash can be frozen, dried, canned and pickled.

FREEZING

Wash, trim and slice or dice squash. Blanch in boiling water: 3 minutes for 1¼ inch slices or ½ inch diced pieces; 6 minutes for 1½ inch slices. (Allow 1 gallon of water per pound of vegetables.) Cool immediately in ice water. When cool, drain. Pack into moisture/vapor-resistant freezer containers. Seal and store at 0°F or below for best quality. Grated zucchini squash can be frozen for use in breads. Blanching is not necessary because spices will mask flavor changes.

DRYING

Wash, trim, and cut into ¼ inch slices. Spread in a thin layer on drying trays. Dry to a brittle stage in the sun or in an oven or dehydrator at 140°F. If you desire, slices can be sprinkled with seasoned salt or dipped in barbecue sauce before drying to make “zucchini chips.” Serve them as a snack or with dips. Dried squash can be used in soups or casseroles. Dried squash can be ground and used as a seasoning.

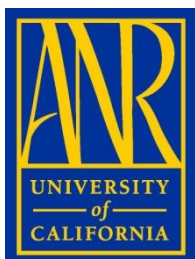
RECIPES

Zucchini Carrot Bread (Source: University of Illinois Extension)

To use frozen grated zucchini in bread, thaw the package in a pan of cold water, squeeze out excess water and proceed with the recipe. Omit the carrot and substitute 1/2 cup zucchini or other squash, if desired

1 1/2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground ginger
1 egg, lightly beaten
1/2 cup canola oil
1 cups grated zucchini
1/2 cup grated carrots
1/2 cup chopped walnuts or pecans (optional)
Powdered Sugar (optional)

- In a large mixing bowl stir together flour, sugar, baking powder, baking soda, salt, and ginger. Set aside.
- In a medium bowl, beat the egg; add the oil, grated zucchini, and grated carrots. Mix well.
- Add the zucchini mixture and nuts to the flour mixture. Stir only until all the flour is incorporated. Do not over mix or the bread will be dry and chewy.
- Scrape the batter into a well greased 9-inch bread pan and bake in a preheated 375° oven for 50 minutes.
- Remove from the oven and let the bread cool in the pan 5 minutes, then turn out onto a rack or plate. Serve warm or cool and dust with powdered sugar. Makes one 9-inch loaf.



PICKLING

Bread & Butter Zucchini Pickles

Yield 8-9 pints

16 cups fresh zucchini, sliced 2 cups sugar
4 cups onions, thinly sliced 2 tsp. ground turmeric
½ cup pickling or canning salt 2 Tbsp. celery seed
4 cups white vinegar (5%) 4 Tbsp. mustard seed

Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours, then drain thoroughly.

Combine vinegar, sugar, and spices. Bring brine to a boil. Add zucchini and onions, and simmer 5 minutes. Fill jars with mixture and pickling solution, leaving ½ inch headspace.

Adjust lids and process in boiling water bath 10 minutes for pints and quarts.

Zucchini Relish

10 cups grated zucchini 2¼ cups vinegar (5%)

4 cups grated onions 4 cups sugar

5 Tbsp. salt 1 tsp. nutmeg

1 red pepper, chopped 1 tsp. dry mustard

1 green pepper, chopped 2 Tbsp. celery seed

Add salt to ground zucchini and onions and let stand in the refrigerator for 24 hours. Drain in a colander. Add chopped peppers. Mix remaining ingredients together and bring to a boil. Add zucchini/onion/pepper mixture. Bring to a boil; reduce heat and simmer for 20 minutes, stirring frequently to prevent sticking. Ladle hot relish into jars, adjust lids and process 10 minutes in a boiling water canner.

CANNING

Tomatoes with Zucchini

Quantity: An average of 12 pounds of tomatoes and 4 pounds of zucchini is needed per canner load of 7 quarts. An average of 7 pounds of tomatoes and 2½ pounds of zucchini is needed per canner load of 9 pints.

Procedure: Wash tomatoes and zucchini. Dip tomatoes in boiling water 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins and remove cores and quarter. Slice or cube zucchini. Bring tomatoes to a boil and simmer 10 minutes. Add zucchini and boil gently 5 minutes. Fill jars with mixture, leaving 1 inch headspace. Add 1 teaspoon of salt per quart, if desired. Adjust lids and process in a pressure canner at 240°F: 30 minutes for pints, 35 minutes for quarts (10 pounds pressure with a weighted gauge canner, 11 pounds with a dial gauge canner).

Zucchini Pineapple

Caution: Home-canned zucchini-pineapple mixtures have become a popular way to use abundant zucchini squash. Because squash is a low acid food, it is critical to add enough acid (pineapple juice and/or lemon juice) for safe processing in a boiling water bath. The following recipe has been tested and will be safe if followed exactly.

1 gallon zucchini squash

3 cups sugar

46 oz. can pineapple juice

1½ cups lemon juice

Peel zucchini and either cut into ½ inch cubes or shred. Combine all ingredients in a large kettle.

Bring to a boil and simmer 20 minutes. Fill jars with hot mixture and cooking liquid, leaving ½ inch headspace. Adjust lids and process half-pints or pints 15 minutes in boiling water bath.

Caution: There are recipes for zucchini jam circulating. Their high proportion of sugar will prevent botulism.

The sugar should not be reduced in these recipes.

Source: Source: Oregon State University - Master Food Preserver Program