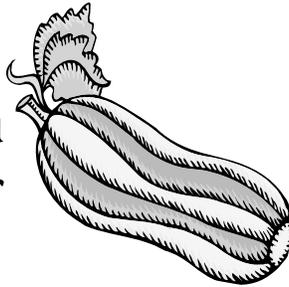


# Reasons for the Seasons

*Produce Tips for Placer & Nevada County Consumers*

Local Season-  
June thru  
October



## SUMMER SQUASH

**Summer Squash** come in four types and many varieties. Crookneck, Italian Squash, Scallop, and Straightneck are the four types of summer squash. All types are available throughout the summer months and can be prepared in many ways.

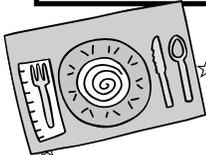
**Nutrition Benefits**

Summer squash are:

- ◆ Low in calories
- ◆ Fat, cholesterol, or sodium-free
- ◆ Good source of fiber
- ◆ Good source of vitamin C
- ◆ Good source of vitamin B6

**Serving Tips**

- ◆ Eat it raw with your favorite low-fat dip.
- ◆ Sauté, steam, bake, or grill.
- ◆ Add shredded summer squash to casseroles, soups, and baked goods.
- ◆ Add raw summer squash to salads.



### Summer Family Meal Ideas

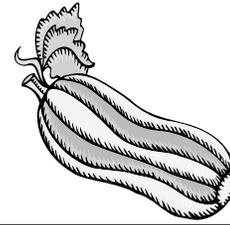
☆ The weather is warm and the summer harvest offers many great tasting fruits and vegetables. Here are some things to inspire summer family meals:

- ☆ ● Take a family trip to the farmers' market.
- ☆ ● Let children participate in choosing and preparing summer meals.
- ☆ ● Have a picnic in the backyard on a warm summer evening.
- ☆ ● Take lunch to the park or a ballgame. *(Don't forget the sunscreen!)*

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*Produce Tips for Placer & Nevada County Consumers*

## SUMMER SQUASH



### Locally Grown Varieties

*Condor, Cocozelle, Supersett, Butterscallop, Sunburst, Scallopini, Peter Pan, Gold Rush, Roly Poly, and Zucchini*

### Shopping Tips

- ✓ Choose summer squash that are tender, well developed and firm.
- ✓ Look for glossy, brightly colored, intact skin that is neither hard nor tough.
- ✓ Avoid extra large squash, which have a dull appearance and a hard, tough surface.



### Handling and Storage

- ◆ Handle gently after purchase.
- ◆ Summer squash, like other fresh produce, lose quality quickly especially when held in warm or hot temperatures.
- ◆ Take home as soon as possible after purchasing.
- ◆ Store in the refrigerator for up to a week.

### Preparation

Summer squash should be harvested at a tender, young stage. The entire squash, including soft rinds and seeds, is edible — even raw.

- ◆ **Fresh:** Use fresh summer squash raw or cooked. Summer squash can be cooked and seasoned many ways.
  - ✓ Sauté sliced squash in a lightly greased pan for 4-5 minutes.
  - ✓ Bake whole or halved squash in a lightly greased baking dish at 350° until tender (20-30 minutes).
  - ✓ Steam sliced squash until tender.
  - ✓ Grill sliced squash under tender.
- ◆ **Freezing:** Choose young squash with tender skin. Wash and cut in 1/2-inch slices or grate. Cook in boiling water for 2 minutes. Drain and cool immediately in ice water. Drain and package in freezer bag, leaving 1/2-inch of space at the top. Seal and freeze.

# Reasons for the Seasons

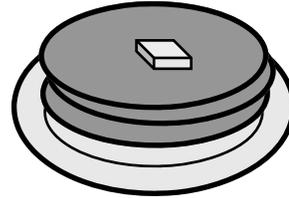
## *Produce Tips for Placer & Nevada County Consumers*

### **SUMMER SQUASH PANCAKES**

(MAKES 8-10 PANCAKES)

#### **INGREDIENTS:**

- 1 cup grated summer squash
- 1/2 teaspoon salt
- 3 teaspoons minced fresh parsley
- 1 garlic clove, minced finely
- 3/4 cup grated Parmesan cheese
- 1 egg
- 3/4 cup pancake mix



#### **DIRECTIONS:**

- 1. Mix all ingredients.
- 2. Dollop 2-3 spoonfuls of pancake batter onto hot griddle or into a large non-stick pan.
- 3. Cook until edges are dry. Flip over and cook until done.
- 4. Serve with a pat of butter, if desired.

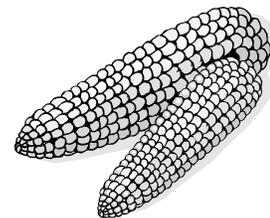


### **SUMMER SQUASH AND CORN**

(5 SERVINGS)

#### **INGREDIENTS:**

- 1-1/2 tablespoons light olive oil
- 1 large red bell pepper, diced
- 2 medium summer squash, halved lengthwise and sliced 1/4 inch thick
- 1 cup fresh corn kernels
- 2 medium tomatoes, diced
- Salt and pepper, to taste

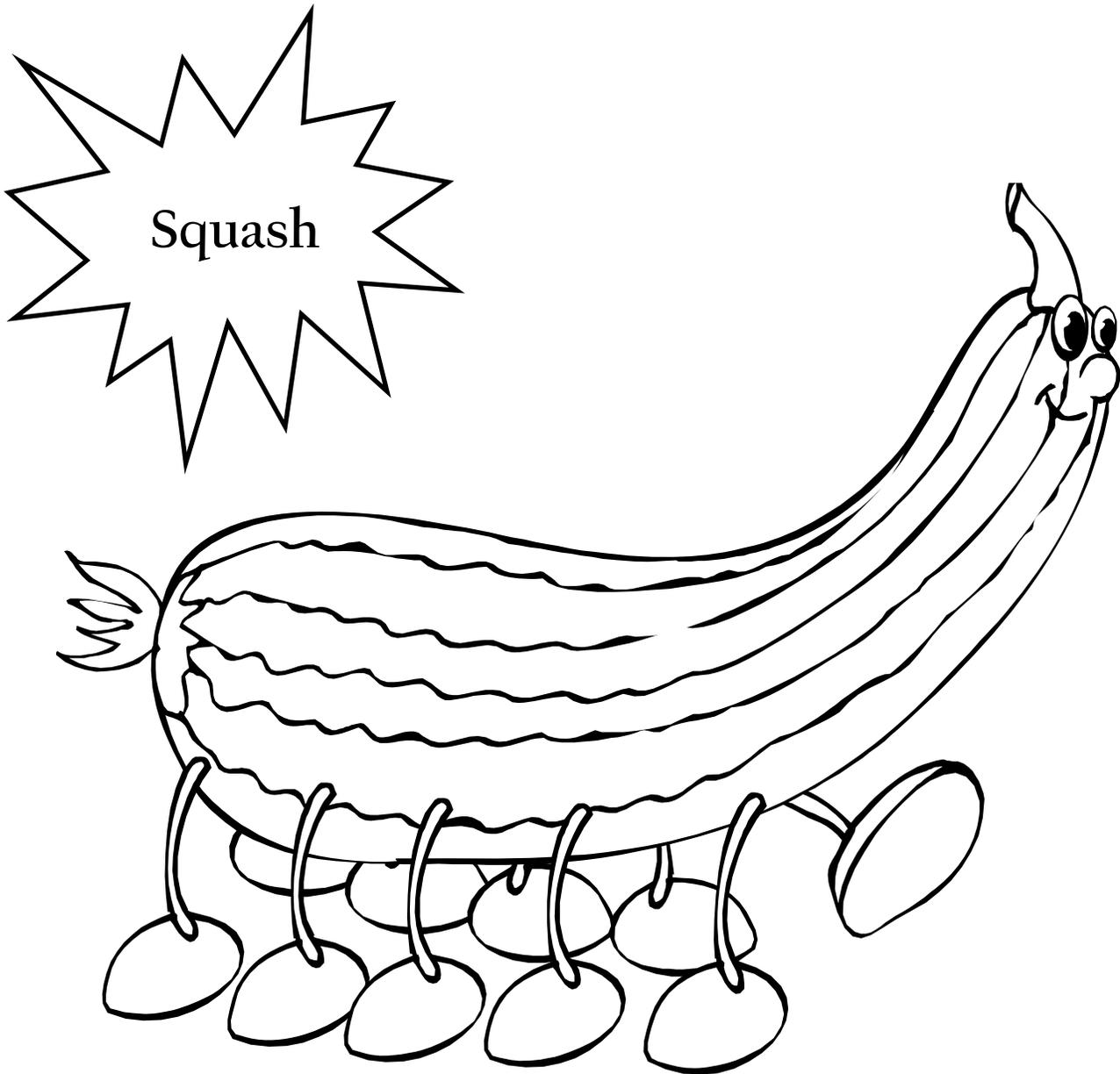


#### **DIRECTIONS:**

- 1. Heat olive oil in large skillet.
- 2. Sauté bell peppers over medium heat for 2 minutes.
- 3. Add the squash and corn. Sauté until all vegetables are tender-crisp.
- 4. Add tomatoes and sauté 1 minute more. Season with salt and pepper to taste.
- 5. Serve.

# Reasons for the Seasons

## Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs  
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