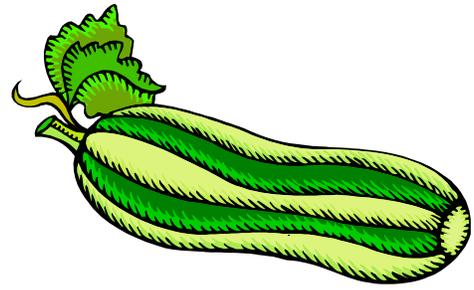


Fresh
FROM THE
FARM



SUMMER SQUASH



Selection & Preparation

Choose squash that are on the small side (unless you plan to stuff them), crisp and free of soft spots or wrinkled skin.

One half pound makes about 1 1/2 cups of slices, serving about 2.

Store in the refrigerator. Best if used within one week.

Wash well. Do not peel, just cut off ends.

Can be eaten raw or cooked.

Slice raw and add to salads or as part of a cold vegetable platter.

Steaming is a easy way to cook summer squash. Place slices in a pan with a small amount of water and cook for 5-8 minutes.



Nutrition Facts

Serving Size ½ cup sliced (any type)

Amount Per Serving

Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0g 0%

Sodium 1 mg 0%

Total Carbohydrate 2 g 1%

Dietary Fiber 1 g 4%

Sugars 1 g

Protein 1 g

Vitamin A 2%

Vitamin C 15%

Calcium 2%

Iron 2%

Folate 4%

Potassium 110 mg

Magnesium 13 mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Key Nutrients

Vitamin C - supports healthy gums, skin and blood.

Potassium - to maintain a normal blood pressure.

Folate - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.



Cheesy Squash Casserole

- 1 1/2 cups chopped summer squash (any type)
- 1/2 cup cracker crumbs
- 1/2 cup shredded cheese
- 1 tablespoon butter or margarine, melted
- 2 tablespoons chopped onion
- 1 egg, beaten

1. Combine all ingredients and mix well.
 2. Put in a greased baking dish, cover and bake at 350 degrees for 35-40 minutes or until done.
- Makes 2 - 3 Servings

Squash Bread

- 1 1/2 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 cups shredded zucchini or summer squash
- 2 eggs, well beaten
- 3/4 cups sugar
- 1/2 cup oil
- 2 teaspoons vanilla extract

Preheat oven to 350 degrees. Mix flour, cinnamon, baking powder and baking soda. In another bowl combine well beaten eggs, sugar, oil and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients to wet ingredients and mix just until moistened. Pour into well-greased bread loaf pan. Bake 40 minutes or until a knife put in center of loaf comes out clean.

