



MO Grown Produce

Kitchen Tips for Summer Squash

In Season in Missouri:	June - September
Quality:	Popular varieties of summer squash include yellow crookneck, zucchini and patty pan. All should have bright color and be firm to touch. Skin should be intact and have very little discoloration. Avoid squash that are overly large or have scuff marks, scars or bruises.
Storage:	Store in a plastic bag in refrigerator up to 4 days. Remove blossom and stem before storing to delay decay.
Food Safety:	Gently wash under cold running water. Cover, date and refrigerate sliced summer squash immediately and use within 24 hours.
Yield:	For 50, ¼ cup servings, you need about 4 pounds of whole fresh summer squash.
Preparation Tips:	<ul style="list-style-type: none"> • Skin is tender and edible. • Can be eaten raw or cooked. • Summer squash cooks quickly and becomes mushy if overcooked.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none"> • Dip raw strips in Ranch dressing. • Sauté or stir fry. • Peel zucchini its whole length with a vegetable peeler to create zucchini ribbons to be used as “noodles” with pasta sauce. • Make zucchini or squash “fritters.”
Nutrition:	Summer squash is mostly water so it’s low in calories, but contains vitamins and minerals such as vitamin C, potassium and magnesium.

Fun Fact # 1:

The world’s largest zucchini on record was 69 1/2 inches long, and weighed 65 pounds.

Fun Fact #2:

The flower of the summer squash plant is edible. Fried squash blossoms are considered a delicacy.

