



- Select** – Choose glossy, small- to medium-size squash.
- Store** – Refrigerate and use within 3-4 days.
- Prepare** – Grill, steam, boil, or saute. You can even eat the skin!

Summer Squash is the Harvest of the Month!

Add summer squash to your favorite family meals:

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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Recipe of the month

Summer Squash Medley Serves 6

Ingredients:

- 1 tablespoon olive oil (or cooking oil of choice)
- 1 1/2 medium zucchini, sliced
- 1 1/2 medium yellow summer squash, sliced
- 1 small onion, sliced
- 1 can (14.5 ounces) diced Italian tomatoes
- 1/4 teaspoon garlic powder
- salt and pepper (to taste, optional)
- 2 tablespoons Parmesan cheese, grated

Directions:

Wash hands with soap and water. In large skillet, heat oil. To heated oil, add yellow squash, zucchini, and onion. Cook on medium heat until tender, about 10 minutes, stirring often. Add tomatoes and simmer 5 minutes. Season with garlic powder to taste. Add salt and pepper (optional), if desired. Serve warm, topped with Parmesan cheese.

Per serving: 61 calories, 3 g fat, 3 g protein, 7 g carbohydrate, 3 g fiber, 107 mg sodium

Source: laxf2s.org



The Coulee Region Farm to School is a partnership between the School Districts of Bangor, Holmen, La Crosse, Onalaska, and West Salem. The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.