

The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at: mtharvestofthemoth.org



Like most vegetables, summer squash are versatile in the kitchen and can be grilled, steamed, eaten raw, and cooked in a variety of other methods. Be careful not to over-cook as summer squash can become mushy. Typically, just a few minutes of cooking is sufficient. Add grated zucchini to lasagna, pasta sauces, and baked goods to add nutrients and flavor. Try making a pasta salad with cooked or raw zucchini for a tasty picnic dish or grilled zucchini slices sprinkled with parmesan cheese for an excellent side to BBQ!

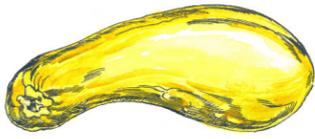


Cooking

Choose squash that have firm, undamaged, and glossy skin. Large summer squash are often tough and bitter, but they can be used in recipes that call for shredded squash, such as zucchini bread. Usually, squash between 4-10 inches have good flavor and are not fibrous. Store summer squash in a perforated plastic bag in the refrigerator for up to one week. Wash directly before using.

Buying Tips

Summer Squash



Summer Squash

Did You Know

- Zucchini is the most common variety of summer squash. Other varieties include: pattypan squash, crookneck squash, sunburst squash, yellow squash, chayote squash, and opo squash. Summer squash are harvested in the summer and have thin skins and soft flesh. Winter squash, on the other hand, are harvested later in the season and have thick rinds.
- While most squash varieties were brought from America to Europe, zucchini originated in Italy. Zucchini means "small squash" in Italian.
- Summer squash are members of the Cucurbitaceae (Cucurbit) family, which includes melons, pumpkins, cucumbers, and gourds.

Nutritional Information

Summer squash are a good source of vitamin C and potassium, and contain manganese and vitamin B₆. Manganese plays an essential role in such functions as the formation of bones and healthy skeletons. Vitamin C helps protect the body against cellular damage and promotes a healthy immune system. Summer squash have a high fiber and low carbohydrate content which can help with weight loss.

Dig Deeper

For recipes, lessons, quick activities, resources, and guides, visit:

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