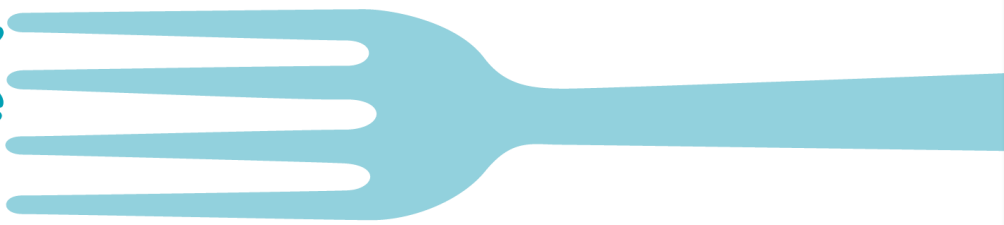


# Harvest of the Month



July



Summer Squash



## Pick:

- Choose summer squash that are heavy for their size.
- The skin should be firm and vibrantly colored.
- Zucchini is a type of summer squash – other varieties may be round, scalloped or yellow in color. They can be used interchangeably in recipes.

## Store:

- Store summer squash in a plastic bag in the refrigerator and use within a few days.

## Prepare:

- To prepare summer squash, wash and cut off both ends then slice as desired.
- The peel and seeds are edible.

## Nutrition Info

One cup of summer squash has 20 calories.

Summer squash provides vitamin C, potassium, and magnesium.

## Fun Facts

Summer squash includes zucchini, yellow squash, and pattypan.

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

Bigger is not necessarily better. Small to medium sized zucchinis have the most flavor and the seeds will be smaller.

## Uses

Grated zucchini or yellow squash can be used in breads, muffins and salads.

Make a vegetable medley on the grill with any variety of summer squash, onions, garlic and bell peppers.

Sauté zucchini, yellow summer squash, mushrooms, tomatoes, and onions in olive oil. Serve with pasta.

## Family Friendly Activities

Next time you're at the grocery store, play the "I spy" game with your children. How many different types of squash can they find?

Compare the difference between summer squash and winter squash (acorn, butternut, and spaghetti).

Have your children help mix the batter for zucchini muffins, cookies or quick breads.

## **Black Bean Stuffed Summer Squash**

### **Ingredients:**

2 Tbsp. olive oil  
16 oz. can of black beans (mostly drained)  
½ cup sweet corn kernels  
½ medium onion, diced  
½ Tbsp cumin  
½ tsp. garlic powder  
½ tsp. salt  
½ tsp. pepper  
½ cup diced tomatoes (4 oz.)  
3 summer squash  
½ cup Monterey jack cheese

Nutrition Facts: Per serving (1 zucchini boat): Calories 170, Fat 9g, Saturated fat 1.5g, Cholesterol 15mg, Sodium 360mg, Carbohydrate 14g, Fiber 3g, Protein, 7g

### **Directions for Stuffing:**

1. Dice the onion into a small dice.
2. Heat olive oil in a large frying pan on medium heat and sauté onions in oil for about 3 minutes.
3. Add the salt, cumin, pepper, and garlic powder to the onions and sauté for another 3 minutes.
4. Add the black beans and sweet corn to pan and heat for another 10 minutes.
5. Add in diced tomatoes and remove from heat. Set aside.

### **Directions for Summer Squash:**

1. Pre-heat the oven to 450 F.
2. Trim the stem end of the squash off and cut summer squash lengthwise.
3. Scoop out seeds from the middle of the summer squash to make a boat shape.
4. Fill the squash with the black bean stuffing and bake for 10 minutes.
5. Top each squash boat with cheese and place under the broiler until the cheese is golden brown and delicious!

*For more information on Farm2School visit:*

[www.laxf2s.org](http://www.laxf2s.org)

**Color a  
Zucchini!**

