



Kentucky Summer Squash

Season: June through October.

Nutrition Facts: Squash is low in calories, containing only 20 calories per 1 cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

Selection: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle, and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

Storage: Harvest and place unwashed in plastic bags. Store in the crisper drawer of the refrigerator. Wash the squash just before preparation. The storage life of summer squash is brief; use within two to three days.

Preparation: Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook summer squash as a vegetable or use in stews, casseroles, and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes.

Freezing: Select small squash with small seeds and tender rind. Wash and cut into ½-inch slices. Heat in boiling water for 3

minutes. Cool promptly in cold water and drain. Pack in containers leaving ½-inch headspace. Seal and freeze.

Oven-Fried Squash

Vegetable cooking spray

3 tablespoons herb-seasoned bread crumbs

1 tablespoon Parmesan cheese

¼ teaspoon garlic powder

¼ teaspoon pepper

2 medium-sized squash (yellow or zucchini), unpeeled

2 teaspoons vegetable oil

2 tablespoons water

Preheat oven to 475°F. Spray a nonstick baking sheet with cooking spray. Combine bread crumbs, cheese, garlic, and pepper in a bowl. Set aside. Quarter squash lengthwise and cut each spear in half. Put these in a plastic bag; add oil and water and shake until spears are lightly coated with oil. Roll each spear in crumb mixture until it is lightly coated. Arrange spears on baking sheet in a single layer. Bake uncovered for 7 minutes or until spears are browned and crunchy.

Yield: 4 servings (4 spears each)

Nutritional Analysis: 60 calories, 2 g protein, 6 g carbohydrate, 3 g fat, 0 mg cholesterol, 330 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator.

Adapted from University of Kentucky, Kentucky Summer Squash (FSHE-15).

Reviewed by Dr. Terry Jones, Extension Specialist for Horticulture, and Charles Tyron Back, Extension Associate for Horticulture.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.