



Summer Squash

Harvest of the Season

Eat More Arizona Grown Summer Squash

Fuel up with vegetables and fruits! When you include more vegetables in your family's diet, you are helping your family be at their best. Eating fruits and vegetables of all colors of the rainbow gives you lots of vitamins and minerals that you need. Choose a variety of vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy!

Buy fresh vegetables like summer squash in season when flavor and price are best!

Most recently, squash was harvested on 514 acres in Arizona from 879 different farm operations.

Why Eat More Summer Squash?

Summer squash is full of nutrients. Here's how the nutrients in summer squash keep you and your family healthy:

Nutrients Found in Summer Squash

Vitamin C

Helps your teeth and gums stay healthy

Vitamin A

Helps your eyes and skin stay healthy

Vitamin B9 (Folate)

Helps keep your hair, skin and nails healthy and helps prevent birth defects

Potassium

Helps you maintain a healthy blood pressure

What are the Different Types of Summer Squash?

Try different types of summer squash to find your family's favorite. These are a few types of summer squash grown in Arizona on farms of all sizes:

- Zucchini
- Crookneck
- Straightneck
- Pattypan
- Grey zucchini
- Eight ball squash

How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 ½ cups	1 to 1 ½ cups
Older children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Kids learn from watching you. Help them develop healthy eating habits for life. Offer fruits and vegetables at meals and snacks.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

How to Choose, Store and Prepare Summer Squash

Choose:

- Choose summer squash that is glossy, small to medium-sized, solid, and heavy for size.
- Smaller summer squash has better flavor.

Store:

- Store fresh summer squash in the refrigerator at or below 41° F and use it within 3-4 days.
- Summer squash can be canned or frozen
- To freeze, shred unpeeled zucchini. Remove as much moisture as possible by draining zucchini in a colander and patting it dry with paper towels. Place zucchini in freezer bags and store it in the freezer. Frozen zucchini will last for about three months.

Prepare:

Summer squash can be eaten raw or cooked. Try adding it to salads, soups, and stews. Have grilled summer squash at your next barbeque!

1. Always prepare food with washed hands.
2. Slice or chop into small pieces. Add it to your favorite recipe.
3. Slice lengthwise into thick slabs when grilling.
4. Use a peeler to make ribbons. Use with your favorite pasta or salad recipe.
5. Add to smoothies with fruit to add extra nutrients to your favorite smoothie recipe.
6. Grate it and use it in zucchini bread.

Summer squash tastes good in many recipes. Try it steamed, sautéed, boiled, roasted, or grilled.

Visit [fruitandveggiesmorematters.org](https://www.fruitandveggiesmorematters.org) for more information.

Plant and Grow Summer Squash

- Plant summer squash seeds with your kids. Plant your seeds in an area or garden with full sun exposure. Plant seeds 1 inch deep in the soil. Be sure to space seeds 1 ½ to 3 feet apart.
- Summer squash has two planting seasons in central or southern Arizona. Plant summer squash between February 15th and April 15th, or August 15th and September 15th.
- Regions at 2,000-3,000 feet should plant summer squash between March 15th and July 15th.
- Regions at 3,000-4,500 feet should plant summer squash between May 10th and July 15th.
- Regions at or above 4,500 feet should plant summer squash between May 1st and July 1st.
- Harvest after 35-55 days or 60-90 days.

Visit extension.arizona.edu for harvest and planting information.

Vegetable Pasta Salad

Ingredients:

- 1 cup cooked orzo pasta
- 1 cup lightly steamed asparagus, cut the same size as the pasta, or peas
- ½ cup chopped red bell pepper or carrots
- ½ cup sliced green onions
- ½ cup chopped yellow summer squash
- 1 cup chopped fresh spinach
- 1 cup small cherry tomatoes (optional)
- 2 Tablespoons grated Parmesan cheese
- ¼ cup low-fat oil and vinegar dressing
- salt to taste

Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan cheese in a large bowl.
3. Toss to coat with the dressing. Add salt to taste.
4. Serve with grilled chicken or fish at a barbecue or picnic.

For more free recipes, visit EatWellBeWell.org.



Makes 4 servings

Nutrition Facts

per serving	
calories	183
carbohydrates	16g
protein	5g
total fat	2g
saturated fat	1g
trans fat	0g
cholesterol	3mg
fiber	3g
total sugars	4g
sodium	264 mg
calcium	76mg
folate	77mcg
iron	2mg
calories from fat	10%

Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at www.azed.gov for more information.



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eatwellbewell.org



