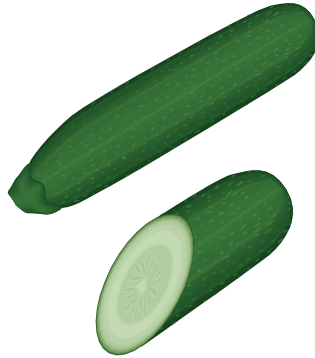


Vegetable of the Week - Summer Squash



When is summer squash in season?

Summer squash includes zucchini, patty pan, yellow straight and crookneck squash.

May through October

What to look for when buying fresh summer squash:

Usually best to look for smaller squash. Squash should be crisp. Avoid ones with soft spots or wrinkled skin.

How do I store summer squash?

Summer squash should be stored in the refrigerator.

Use within one week.

How do I prepare summer squash?

Wash squash well. Do not peel, but cut off the ends. Seeds are soft and fully edible. Slice and eat raw, in salads or serve with a vegetable dip. Add to casseroles and bake for 30 minutes. Boil or steam for about 10-15 minutes. Microwave for about 3-6 minutes. Microwaving, steaming, or baking preserves nutrient value. 2 pounds raw = 2 cups cooked.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?





Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe

Garden Veggies Italian Style



- 1 onion chopped
- 1 squash diced (yellow or zucchini)
- 1 tomato diced
- 1 green pepper, chopped
- Pinch of oregano
- 1 8-ounce can tomato sauce
- 1/2 cup mozzarella cheese, shredded

Combine vegetables in a baking dish. Sprinkle with oregano. Pour on the tomato sauce. Bake uncovered at 350° for 20- 30 minutes. Top with cheese and bake for 4 to 5 minutes.

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.