



Summer Squash

Plant: Summer squash should be planted after the last frost of the winter as they are very tender and need protection from the cold. The seeds should be planted in rows spaced 5 to 6 feet apart. The plant is low to the ground and the squash grows from the plant's flower. There are multiple types of summer squash, including yellow straightneck, yellow crookneck, and pattypan.

Grow: Summer squash requires fertile soil to supports its large leaves and rapid growth. It is one of the most prolific vegetables, usually producing a surplus of fruit.

Harvest: Summer squash is usually harvested when immature and can bruise easily. It is picked when immature to prevent the rind from becoming too hard. They are also most flavorful when picked before full maturity. Yellow squash can range from light, butter yellow to a bright, lemon color. The skin may be pebbled or smooth.

Nutrition Facts		
Serving Size ½ medium squash (98g)		
Amount Per Serving		
Calories 20	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 4g	1%	
Dietary Fiber 2g	8%	
Sugars 2g		
Protein 1g		
Vitamin A 6%	Vitamin C 30%	
Calcium 2%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Nutrition Information:

The skin and rind of summer squash are rich in beta-carotene, but the fleshy portion is not. Summer squash is also a great source of vitamin A and vitamin C.

How to Prepare:

Summer squash is very versatile in the ways it can be eaten. Because the rind is soft, it can be consumed raw. It can also be grated and added to fritters, breads, or salads. Slicing the squash and baking, sautéing, roasting, or grilling with herbs can also be very flavorful. It can also be stewed or pureed into soups.



Roasted Vegetable Salad

Yields: 1 salad

Ingredients

¼ cup of baby spinach

5 grape tomatoes

2 tsp of pumpkin seeds

Roasted Vegetables Recipe:

¼ cup of yellow squash or zucchini

¼ cup of onions

¼ cup of carrots

¼ cup of parsnips

¼ cup of sweet potato

1/8 tsp of pepper

2 tsp of balsamic vinegar

For the dressing:

1 3/8 tbsp of whole grain mustard

1 3/8 tbsp of honey

1 tsp of white wine vinegar

1/3 tsp of olive oil

Salt and pepper to taste

Preparation

1. Prepare Roasted Vegetables: Toss sliced vegetables with balsamic vinegar and pepper and place in 450° F oven. Roast squash and onions for 3 to 5 minutes and carrots, parsnips, and sweet potatoes for 10 to 12 minutes. Turn vegetables over. Roast an additional 2 to 3 minutes until golden brown.
2. Prepare Dressing: In a mixing bowl, combine all of the ingredients. Mix until completely blended.
3. Place baby spinach on plate, 5 grape tomatoes in center of plate, place 1 ½ ounces in piles around tomatoes.
4. Garnish with 2 tsp shelled toasted pumpkin seeds.
5. Serve with 2 oz of stone ground honey mustard dressing.

Nutrition Facts per Serving:

310 calories, 7 g fat, 60 g carbohydrates, 9 g fiber, 7 g protein