
Summer Squash 101

A Summer Classic.



SUMMER SQUASH VARIETIES



Yellow Crookneck

All-purpose;
good for slicing
and grilling

Patty pan

Flying saucer shape;
good for stuffing;
smaller size best

Green Zucchini

Good for grilling and
slicing; use large zucukes
for baking.

Yellow Zucchini

All-purpose;
Good for grilling and
slicing

Summer squash is the quintessential signal that summer is finally here. There are several varieties including zucchini (both green and yellow), crookneck squash (yellow), and patty pan (which looks like a flying saucer). They can be stuffed, steamed, baked, breaded, grilled, sauteed, and roasted.

Buying:

Look for firm small to medium-sized squashes. Patty pans are more tender when they are small. Larger squash will have bigger seeds and should be used for baking purposes only.

How to Store:

Store in the fridge in a plastic bag. Use within a week to 10 days for best freshness and texture.

Substitutes

Any other summer squash.

ZUCCHINI

Cucurbits

Nutritional Snapshot

- Small amounts of iron, calcium, zinc, and several other B vitamins
- Raw zucchini offers a similar nutrition profile as cooked zucchini, but with less vitamin A and more vitamin C, a nutrient which tends to be reduced by cooking

Medicinal Uses

- Has been used in folk medicine to treat colds, aches, and various health conditions
- Carotenoids — such as lutein, zeaxanthin, and beta-carotene — are particularly plentiful
- May benefit your eyes, skin, and heart, as well as offer some protection against certain types of cancer, such as prostate cancer
- Contains both soluble and insoluble fiber
- Soluble fiber feeds the beneficial bacteria living in your gut which produce short-chain fatty acids (SCFAs) that nourish your gut cells

How to Prep:

Rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. Peeling is optional. Then slice, chop, or grate. Scrape out seeds from large-sized zucchinis before using them to bake.

Best Uses:

Raw in veggie trays

Grated raw in salad

Roasted (whole or sliced)

Braised or Steamed

Spiralized

Parchment Packs

Pickled

Pancakes

Grilled

Baked goods

**Roasted and added to
salads Juiced
Chips
RatatouilleSautéed
Boiled**

**Stir Fry
Breaded and Fried
Stuffed
Pizza topping**

To Freeze:

To freeze slices of zucchini, blanch the rounds in salted boiling water for 1 minute. Plunge into an ice bath for 1 minute to stop the cooking process. Drain completely. Flash freeze on a cookie sheet in the freezer. When frozen, pop them into a Ziplock container.

You can also grate the zucchini and wring out as much moisture as possible. Place in a Ziplock Bag in the portion sizes you will need for baking. When thawed, the zucchini will be soggy and require additional draining.

You Can Eat the Squash Blossoms!

Squash flowers are edible. Only the female flowers will produce a fruit, so harvest as many of the smaller male flowers as you want! Here are some ways to eat them:

Fried: Simply batter and fry them or stuff them first. Cheeses (ricotta, fresh mozzarella, goat cheese) and herbs (basil, thyme, parsley) make good fillings.

Baked: Stuff the blossoms with cheese and then bake them in the oven.

Pasta: Gently tear or make a chiffonade of squash blossoms to serve over pasta, risotto, or salad. The blossoms can also be cooked into a pasta sauce too.



Suggested Recipes:

Zoodles: Zucchini Noodles with Roasted Tomatoes, Pesto, and Pine Nuts

Adapted from the CSA Cookbook by Linda Ly

Ingredients:

1 1/4 lb. cherry tomatoes, halved
3 garlic cloves, sliced
3 T. olives oil
pinch of kosher salt
black pepper
3 rosemary sprigs
3 thyme sprigs
2 lb. zucchini, spiralized or julienned
1/2 c. pesto
1/4 toasted pine nuts
Parmesan for serving

Directions:

Preheat the oven to 325 F.

In a large bowl, toss the tomatoes with the garlic, oil, salt and pepper until coated. Spread the tomatoes across a large rimmed baking sheet in a single layer, cut sides up, and scatter the rosemary and thyme on top. Roast for 1 hour until the tomatoes are soft and shriveled. Discard the dried herbs.

In a large saute pan over medium-high heat, combine the zucchini and pesto and heat through for 2 minutes. To serve, divide the zucchini among four plates. Top each plate with a heap of roasted tomatoes (plus the juices), a spoonful of pine nuts, and shaved Parmesan. Serve warm.

Zucchini Pancakes

Adapted from Mark Bittman

Ingredients:

2 lb. zucchini or yellow squash

1/2 onion, grated
1 egg, lightly beaten
1/4 c. flour or bread crumbs, plus more for dredging
1/2 c. Parmesan
salt and pepper
4 T. butter or extra virgin olive oil

Directions:

Grate the squash by hand or with a food processor. Mix together all the ingredients except the butter/oil. Shape into 4 patties.

Heat the oil or butter in the skillet over medium-high heat. When the oil is hot, hedge the cakes in flour or bread crumbs and put in the skillet. Cook turning once, until nicely browned on both sides, 10-15 minutes. Serve hot.

Summer Squash in Parchment or Foil Packets

Adapted from Mark Bittman

Parchment packages are a great way to steam vegetables like zucchini. Foil works too, or a covered casserole dish.

Ingredients:

1/2 small onion, thinly sliced
2 sprigs fresh basil
1 1/2 lb summer squash, sliced 1/4 inch thick
1 T. extra virgin olive oil or butter
salt and pepper
lemon wedges (optional)

Directions:

Heat the oven to 375 F. Cut the parchment paper or foil into 4 rectangles about 6 x 10 inches. Fold in half crosswise to crease, then open again. On one half of each rectangle, layer portions of the onion, herb, and squash, keeping the veggies close to the center. Then drizzle with olive oil or butter and sprinkle with salt and pepper.

Seal the packages by rolling together the open edges and put them on a baking sheet to bake.

Bake until the squash is tender about 20 minutes. Immediately serve. Careful of the steam. Squeeze lemon juice on if desired.

Steamed Zucchini Parmesan

I got this recipe from a former CSA member named Jacquie. It's super easy to make and is a great side dish.

Ingredients:

3 cups thinly sliced zucchini

2 T. butter

1/2 t. salt

dash of pepper

Parmesan cheese

Directions:

Place zucchini, butter, salt, and dash of pepper in skillet over medium-high heat. Cover and cook slowly 5 minutes. Uncover and cook, turning slices, 5 minutes more. Sprinkle with 2 tablespoons grated Parmesan cheese. Serves 4.

Garlic Margherita Chicken and Summer

Squash *Recipe adapted from cleanfoodcrush.com*

This one-skillet meal has lots of flavor and is fast to prepare! Total time required: about 30 minutes. Makes 4-6 servings.

Ingredients:

Chicken:

1 lb chicken breast cut into 1" pieces

1 t olive, coconut or avocado oil

1 garlic scape, minced

1/4 t sea salt

Ground black pepper, to taste

Squash & Tomatoes:

1.5 lbs. summer squash (any variety), cut into half-moons or 1" chunks

1.5 c grape tomatoes, halved

1 t olive, coconut or avocado oil

1 garlic scape, minced

1/2 t sea salt

Ground black pepper, to taste

Garnish:

1/4 c fresh chopped basil

Grated Parmesan cheese

Directions:

Preheat skillet on medium heat, add oil to coat.

Add garlic and cook for just 10 seconds. Then add chicken, sprinkle with sea salt and pepper to taste. Cook for 8-10 minutes uncovered, stirring occasionally. Transfer to a plate and set aside.

Cook the zucchini the same way as chicken but for 6 minutes, adding tomatoes during the last 3 minutes of cooking time. Add chicken back to skillet and stir just to warm. Remove from heat, sprinkle with fresh basil. Serve immediately, or refrigerate in a glass airtight container for up to 5 days.

Baked Parmesan Zucchini Crisps

Adapted from www.jocooks.com

Wow. These are seriously good. Total time: 40 minutes; Serves: 8

Ingredients:

1 cup all-purpose flour

2 cups Panko breadcrumbs

1/2 cup grated Parmesan cheese

2 zucchinis, thinly sliced to about 1/4-inch thick rounds

3 large eggs, beaten

1 tsp dried oregano

salt and pepper

Directions:

Lay out a couple paper towels and place the zucchini rounds on the paper towels. Sprinkle zucchini with salt on both sides. Cover zucchini slices with more paper towels and press

down them. Leave for about 20 minutes. After 20 minutes you will notice that the paper towels are wet and the zucchini slices are pretty dry.

Preheat oven to 400 F degrees. Line a large baking sheet with parchment paper.

In a shallow plate, combine Panko breadcrumbs, Parmesan cheese, oregano and season with salt and pepper if preferred; set aside.

In another shallow plate add the flour which you also need to season with salt and pepper.

In a 3rd plate beat eggs, with salt and pepper.

Start dredging zucchini rounds in flour, dip into eggs, then dredge in Panko mixture, pressing to coat. Place zucchini slices on prepared baking sheet.

Repeat until all zucchini slices are done. One large baking sheet was enough for me.

Bake for 20 to 30 minutes, or until the zucchini rounds are golden and crispy.

Serve with your favorite dip.

Vegan Enchilada Zucchini Boats

Adapted from by www.bbritnell.com

Ingredients:

1 tablespoon of oil

1/2 of a sweet onion

1/2 red bell pepper

3 cloves of garlic, minced

1/4 teaspoon of cumin

1/4 teaspoon of dried oregano

1/4 teaspoon of paprika

1/4 teaspoon of salt

1 15 ounce can of black beans, drained and rinsed

3 medium zucchinis

1 1/2 cups of enchilada sauce

optional for topping: 1/2-1 cup of vegan cheese

Directions:

Pre-heat oven to 400 degrees F and lightly grease a baking dish.

Prepare your zucchinis by cutting them in half long ways and gently scooping out most of the inside of the zucchini and discarding. You want it so that the shell of the zucchini is just about 1/4 inch thick once the insides have been removed.

In a skillet over medium heat, heat your olive oil and then add in the onion and pepper to sauté for 5 minutes. Add in garlic and spices and cook for an additional 2 minutes.

Add in black beans and cook for about 3 more minutes until the black beans are heated through. Take off of the heat.

Dividing evenly, spoon the mixture into the zucchinis and place them in the greased baking dish. Top the zucchini with the enchilada sauce. Optional: top with vegan cheese. Bake for 30-35 minutes at 400 degrees.

Easy Cheesy Zucchini Bake

Adapted from www.kalynskitchen.com Makes 4-6 servings

Ingredients:

2 medium-sized zucchini, cut in slices or half-moon slices

2 medium-sized yellow squash, cut in slices or half-moon slices

2-4 T chopped fresh basil (or even less, depending on how much you like the flavor of basil)

2 T thinly sliced green onion

1/2 tsp. dried thyme

3/4 tsp. garlic powder

1/2 cup + 1/2 cup grated mozzarella or other mild white cheese such as Monterey Jack

1/2 cup coarsely grated Parmesan

salt and fresh ground black pepper to taste

Directions:

Preheat oven to 350F. Spray an 8" x 8" baking dish with olive oil or non-stick spray. Wash the squash and cut in slices or half-moon slices. Wash basil, spin dry or dry with paper towels and finely chop. Slice green onions.

Combine the sliced squash, chopped basil, sliced green onions, dried thyme, garlic powder, and both kinds of cheese and stir together until the veggies are coated with cheese and the

herbs are well-distributed. Season with salt and fresh ground black pepper. Put the mixture in the baking dish and bake uncovered for about 25-30 minutes.

When the zucchini is nearly cooked through, take the casserole dish out of the oven and sprinkle over the remaining 1/2 cup of grated cheese. Put the dish back in the oven and bake 10-15 minutes longer, or until the cheese is melted and nicely browned and zucchini is fully cooked. Serve hot.

Zucchini Pickles

I got this recipe from a local newspaper about 6 years ago from a “little old lady” who had this passed down from generations. It’s a fabulous sweet pickle recipe.

Ingredients:

4 quarts sliced zucchini with skin — (12 cups)
6 medium sliced sweet onions
2 red or green bell peppers, chopped
2 cloves of garlic (I chopped them into 4 chunks each)
2 T. salt
5 cups sugar
1 1/2 t. turmeric
1 1/2 t. celery seed
2 T. mustard seed
3 cups cider vinegar

Directions:

Remove the seeds from the center of the zucchini. But don’t peel. I cut the zucchini down the center long-ways to accomplish this. Used a melon baller to remove the seeds carefully. Then sliced it. They’ll look like “C’s.”

Put the zucchini, onions, peppers, garlic, and salt together and refrigerate for 3 hours. Drain liquid. Then put mixture into large stock pot.

Sterilize 8 pint jars and have them nice and hot. (I put mine upside down in an electric skillet with water in it, but you can also take them right out of a hot dishwasher... the point is, they should be HOT).

Put a small pot of water on stove with your 8 lids, and bring to a simmer.

Combine remaining ingredients together in a large bowl and stir; pour it over zucchini mixture and bring to boil. (Takes about 10-15 minutes). AS SOON AS MIXTURE IS BOILING, REMOVE FROM HEAT!! AND START CANNING IMMEDIATELY! (Don't leave it on the heat or your zucchini will get mushy).

To can: Take a hot pint from your dishwasher and put a canning funnel in the mouth. Ladle the zucchini mixture into the jar and pack down as much as you can; fill the rest with hot liquid from the stock pot up to a 1/4" from the rim.

Remove funnel. Wipe the rim with a clean cloth – don't forget this step, it's important. Take a hot lid from the simmering water of lids and place it carefully on the jar. Tighten with a ring.

Put pint on a towel in a draft-free place overnight. It should seal within 30 minutes. You'll hear a "ping" sound, which is the sound of the lid being pulled tight to the jar in a vacuum seal. Check the next morning to make sure they have all sealed... push down on the lid. It should not bounce back. If it doesn't it didn't seal. You can still eat those unsealed pickles — just put them in the refrigerator for a week.