

Viva Vegetables!

August's featured vegetable is:

Summer Squash

Looks good, tastes good

- Summer squash include:
 - Yellow crookneck
 - Zucchini
 - Pattypan
- The entire squash can be eaten including the skin and the seeds.
- Look for squash that is heavy for its size.
- The skin of a summer squash should be unblemished, shiny, and not very hard. A hard rind may mean that the squash is old.
- Choose a small-to-medium-sized squash. Big squash is likely too fibrous, but they work well for grating.
- Leave the skins on when eating for maximum color and nutrition!

Squash in some new ideas

- Sprinkle grated summer squash on salads, sandwiches, or soups for color and crunch.
- Serve raw summer squash with your favorite dip
- Make a delicious summer squash bread (like zucchini bread).
- Enjoy an easy-to-make ratatouille by sautéing summer squash, onions, bell peppers, eggplant and tomatoes and then simmering the mixture in tomato sauce. Season to taste.
- Use thinly sliced summer squash as a fresh and delicious pizza topping.
- Use half-slices of squash in lasagna.
- Scoop out a little bit of the squash, leaving some against the outside skin. Stuff it with a meat, rice, or vegetable mixture and bake for an easy summer meal.
- Steaming squash works great, but only for 3-5 minutes, so it keeps its delicious crunchiness!

Do you need a new weight loss partner? Summer squash is a powerful teammate. Summer squash is low in calories and high in nutrients making it a healthy and tasty part of your meals. Summer squash as an after-exercise snack? Sure. As a powerful part of your dinner meal? No problem. As a major part of a savory, moist bread? Yes please! With versatility as a strength, you can bet that summer squash will be there through thick and thin. Invite summer squash as your pal on your journey to obtain and maintain a healthy weight and you'll find that you won't regret it.

Why summer squash? Why me? Why now?

Recipes

Zesty Zucchini Sticks

From recipezaar.com

1/2 cup Italian breadcrumbs
1/4 cup grated parmesan cheese
4-5 small zucchini, cut into sticks or cubes
2 eggs, beaten well

1. Mix breadcrumbs and parmesan.
2. Dip zucchini strips in beaten egg, then in crumb mixture.
3. Spray baking sheet with cooking spray.
4. Place strips on sheet.
5. Bake at 425° for 20-25 minutes, or until golden.



Sauteed Squash with Thyme and Feta

Adapted from superspark.com

Ingredients:

2 tablespoons extra-virgin olive oil
1/2 red onion, diced
2 teaspoons fresh thyme leaves (or 3/4 tsp dried)
2 cups diced squash, any combination
Salt and freshly ground black pepper (optional)
1/4 cup crumbled feta cheese

1. In a large sauté pan, sauté the olive oil, red onion, and thyme until the onion is soft (about 1 minute).
2. Add the squash and season with salt and pepper (optional).
3. Cook for about 4 to 5 minutes, until the squash is tender and slightly browned. Scoop the squash into a serving bowl and crumble feta on top. Serve immediately.



- Most squash plants grow edible flowers. Squash flowers look like the ones in the picture to bottom of this box.
- Christopher Columbus brought squash back from the New World.
- Before Columbus came, tribes used hardened squash rinds as cooking pots and utensils because of their hard shell.
- Summer squash are called summer squash because you can't store them for a long time, through the winter like other kinds of squash.
- If you let a summer squash keep growing, the rind (outside) would get very, very hard.



Did you know???

DRAW A PICTURE OF A ZUCCHINI.

IT CAN EVEN BE A ZUCCHINI THAT HAS A FLOWER STILL ATTACHED, OR A WAY THAT YOU WOULD LIKE TO EAT ZUCCHINI. LOOK AT BOTH SIDES OF THIS NEWSLETTER IF YOU NEED IDEAS.

Need a giggle? Try this...
What kind of vegetable likes to look at animals?
A Zoo-chini!

This is a funny song about vegetables. See if you can find:

- How many different vegetables are mentioned?
- How many times is squash mentioned?

THE VEGETABLE SONG
(Adapted from music + lyrics by Bob Mitchell)

I've a got a garden in my heart
That Mushrooms with love
Whenever you Turnip

And how I Radish
The thought of Beans with you
And how my Artichoke skips a beet

It takes Parsley you and Parsley me
To make Asparagus
So if Cucumber to me my Melon Collard baby
I'll Carrot your heart

Nothing 'matters to me
If it's Okra with you
Lettuce never Squash our love

Zucchini Bread
Adapted from Betty Crocker

- 3 cups shredded zucchini (2 to 3 medium)
- 1 2/3 cups sugar
- 2/3 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs

- 2 cups all-purpose or whole wheat flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder

1. Heat oven to 350 and grease bottoms only of 2 loaf pans with cooking spray
2. In a large bowl, stir zucchini, sugar, oil, vanilla and eggs until well mixed. Stir in remaining ingredients. Divide batter evenly between the two pans.
3. Bake loaves 50 to 60 minutes or until toothpick inserted in the center comes out clean. Cool in pans on cooling rack 10 minutes.
4. Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about two hours before slicing. Wrap tightly and store at room temperature.



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