**Kentucky Summer Squash**

**Season:** June through October.

**Nutrition Facts:** Squash is low in calories, containing only 20 calories per 1 cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

**Selection:** Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle, and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

**Storage:** Harvest and place unwashed in plastic bags. Store in the crisper drawer of the refrigerator. Wash the squash just before preparation. The storage life of summer squash is brief; use within two to three days.

**Preparation:** Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook summer squash as a vegetable or use in stews, casseroles, and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes.

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**Freezing:** Select small squash with small seeds and tender rind. Wash and cut into ½-inch slices. Heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving ½-inch headspace. Seal and freeze.

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**Summer Squash Casserole**

3 cups summer squash, any type, chopped
1 cup cracker crumbs
1 cup cheese, shredded
2 tablespoons margarine, melted
2 tablespoons onion, chopped
2 large eggs, beaten

Combine all ingredients and mix well. Put in a greased baking dish, cover, and bake at 350°F for 1 hour.

**Yield:** 6 ½-cup servings

*Nutritional Analysis: 170 calories, 8 g protein, 16 g carbohydrate, 8 g fat, 15 mg cholesterol, 290 mg sodium.*

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator.

Adapted from University of Kentucky, Kentucky Summer Squash (FSHE-15).


For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.