

## Florida Fresh: Summer Squash<sup>1</sup>

Claudia Peñuela<sup>2</sup>

### Nutrition Facts

#### Florida's Summer Squash are:

- ✓ High in vitamin C. Vitamin C helps to heal cuts and keeps teeth and gums healthy.
- ✓ High in vitamin A when left unpeeled. Vitamin A aids in normal vision, healthy skin, and protects against infections.
- ✓ A good source of vitamin B<sub>6</sub> which helps us metabolize protein.
- ✓ Supplier of folate. Folate produces red blood cells and reduces a woman's risk of having a baby with certain brain or spinal cord birth defects.
- ✓ Supplier of potassium which helps to control blood pressure.
- ✓ Naturally free of fat, cholesterol, and low in sodium.

Note: Squash are divided into summer squash and winter squash. Florida produces more summer squash, including zucchini (part of the squash family) along with yellow.

| Nutrition Facts                         |                     |
|---|---------------------|
| Serving Size 1 cup, sliced 113g (113 g) |                     |
| Amount Per Serving                      |                     |
| Calories 18                             | Calories from Fat 2 |
| % Daily Value*                          |                     |
| Total Fat 0g                            | 0%                  |
| Saturated Fat 0g                        | 0%                  |
| Trans Fat                               |                     |
| Cholesterol 0mg                         | 0%                  |
| Sodium 2mg                              | 0%                  |
| Total Carbohydrate 4g                   | 1%                  |
| Dietary Fiber 1g                        | 5%                  |
| Sugars 2g                               |                     |
| Protein 1g                              |                     |
| Vitamin A                               | 5% + Vitamin C 32%  |
| 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.

www.NutritionData.com

### Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers' market produce travels about **50 miles** to its destination, compared to **2,000 miles** for supermarket produce.

Buy locally and get these benefits:



- Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.
- Social/cultural. Helps the community to be aware of the importance of agriculture.
- Environmental. Protects the natural resources such as green space, wildlife, water, air, and soil.
- Economic. Promotes local labor force.

### Where Are Florida's summer squash harvested?

Most of Florida's **zucchini** are grown in **North Central Florida**, while most of Florida's **yellow squash** are grown in **west-Central** and **South Florida**. Summer squash adapts well to the warm climate. They should be harvested before they are fully mature.

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## When can you buy Florida summer squash?

You can buy Florida Summer squash from **September** through **June**. This is **ten months out of the year!**

|     |     |     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|

### Select

- ✓Glossy deep green, slim, and cylindrical shaped zucchini.
- ✓Bright yellow, bottle-shaped or cylindrical shaped yellow squash.
- ✓Summer squash that are tender and firm with no soft spots.
- ✓Summer squash that are heavy for their size.

## Florida Fresh Summer Squash: From Market to Table

### *Colorful Squash and Tomato Gratin*

2 cloves **garlic**, chopped  
 2 **shallots**, chopped  
 1 Tbsp chopped **basil**, or 1 tsp dried  
 ½ tsp **salt** and ½ tsp **black pepper**  
 2 medium **yellow squash**, thinly sliced lengthwise  
 2 medium **zucchini**, thinly sliced lengthwise  
 3 medium **tomatoes**, thinly sliced  
 2 Tbsp grated **Parmesan cheese**  
 ¼ cup dry **bread crumbs**  
**Olive oil** for drizzling

#### Yield: 6 Servings

1. Preheat oven to 400°F. Lightly oil an 8-inch square baking dish.
2. Spread the garlic, shallots, and basil in the bottom of the prepared dish. Add salt and pepper.
3. Slice the yellow squash, zucchini, and tomatoes in straight alternating layers, repeating until all the vegetables are used in the casserole.
4. Sprinkle the top with the cheese, then the bread crumbs. Drizzle lightly with olive oil.
5. Bake for 20 to 25 minutes, until the vegetables are tender. Let stand for 5 minutes before serving.

**Nutrition info per serving:** Calories **95 cal**; Total Fat 2g; Cholesterol 2mg; Sodium 266mg; Total Carbohydrates 18g; Protein 6g. Good source of Vitamin A and Vitamin C.

Adapted from: [http://www.florida-agriculture.com/pubs/pubform/pdf/The\\_Florida\\_Chef\\_Flavorful\\_Seasons\\_Cookbook.pdf](http://www.florida-agriculture.com/pubs/pubform/pdf/The_Florida_Chef_Flavorful_Seasons_Cookbook.pdf)

### *Zucchini Stir Fry*

1 Tbsp **vegetable-oil**  
 1 medium **onion**  
 1 medium **yellow squash**  
 1 medium **zucchini**  
 1 medium **red pepper**  
 ½ tsp **black pepper**  
 ¼ tsp **basil**  
 ¼ tsp **oregano**

#### Yield: 4 Servings

1. Peel the onion. Cut it into thin slices.
2. Slice the yellow squash and zucchini into thin round pieces.
3. Chop the red pepper into small pieces.
4. Heat the oil in a frying pan. Add the onion slices, cook over medium heat for 1 minute.
5. Add the spices and stir a few times.
6. Cook for 3 to 5 minutes till vegetables are just tender.

**Nutrition info per serving:** Calories **70 cal**; Total Fat 3.5g; Cholesterol 0mg; Sodium 15mg; Total Carbohydrates 8g; Protein 2g. Good source of Vitamin C.

Adapted from: Pennsylvania Nutrition Education Network, *Website Recipes*, The Pennsylvania Nutrition Education Program; and [http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=464](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=464)