

Summer Squash



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Summer squash are vegetables with thick rinds that can be eaten and are normally green or yellow, depending on their variety. They can be cylindrical or more round shaped. Zucchini and yellow summer squash are the most common types of squash that are grown in the summer months.



How Could I Use This?

- Add to salsa
- Eat zucchini sticks with dip or hummus
- Try adding raw zucchini to a salad
- Slice raw or cooked squash and add it to a sandwich
- Try baking or grilling squash
- Add zucchini to a banana bread or make chocolate chip zucchini bread
- Spiralize zucchini and use in place or in addition to noodles
- Add cooked squash to an omelet
- Add chopped squash to soups or stews

Why Should I Eat This?

Summer squash is a good source of vitamin B6, which helps maintain skin health and red blood cells. Summer squash is a great source of vitamin C, which helps heal cuts and wounds. The rinds are rich in beta-carotene, which helps eye health.

Proper Storage

Store unwashed summer squash in a plastic bag in the refrigerator or in the produce drawer of the refrigerator for up to five days. Rinse produce under cold running water and trim both ends before using.

Make a Good Selection

For all varieties of summer squash, choose squash that are glossy, small-to-medium-sized, and heavy for their size. Choose squash that is firm and free of blemishes and damage.

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST						☑	☑	☑	☑			
MARKET							☑	☑	☑	☑		



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