

Summer Squash

Nebraska Seasonal Produce Guide



EXTENSION
Health & Wellbeing

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 round-shaped. Zucchini and yellow summer squash are the most common types of squash.

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

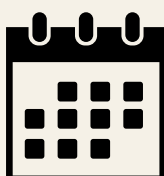
Store unwashed summer squash in the produce drawer of the refrigerator for up to 5 days. Rinse produce under cold running water and trim both ends before using.

How Could I Use This?

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

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 are firm and free of blemishes and damage.



Seasonal Availability in Nebraska

Harvest Season: June through September

Market Availability: July through October



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