



SUMMER SQUASH

TEACH

FIND LOCAL SUMMER SQUASH IN ARIZONA:

HARVEST MONTHS: JUNE - OCTOBER

Farms to get the local produce:

- Aguiar Farm, Paulden
- Blooming Reed Farm, Paulden
- Double Adobe Farm, Double Adobe
- Mortimer Farm, Dewey
- Larry's Veggies, Marana
- Whipstone Farm, Paulden



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ARIZONA HARVEST FACTS!

- Summer squash is native to the Americas and was a staple in Native American diets.
- The most common summer squashes are crookneck, zucchini, scallop, or patty pan.
- Squash belongs in the Cucurbitaceae family, which also includes cucumbers and melons.
- Summer squash is considered easy to grow and requires minimal maintenance to harvest.
- Summer squash grows quickly and is harvested during the summer months. It can be ready to pick just 50 to 65 days after planting
- 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.
- It is best not to peel the squash before cooking since vitamins and minerals are found mainly in the skin.
- Summer squash is high in vitamin C, vitamin A, potassium, and magnesium.



LOCAL RECIPE:

Calabacitas Casserole Recipe

Serving size: 1 cup, Yield 6 servings

NSLP Vegetable Crediting Information:

½ cup Other, ¼ cup Starch, ⅛ cup Red/Orange,

- 4 cups zucchini, sliced
- 2 cups corn kernels
- 1 cup shredded cheese
- 1 cup diced tomatoes
- 1 cup onion, chopped
- 2 tbsp olive oil
- 1 tsp salt
- 0.5 tsp black pepper

This Calabacitas Casserole is a hearty mix of zucchini, corn, tomatoes, and cheese. It's easy to make, bursting with flavor, and makes the perfect side dish for many entrees.

To ensure food safety with summer squash always thoroughly wash them under running water before cutting, eating and/or cooking.



QUICK MATH: Summer Squash



Zucchini

1 pound as purchased yields approximately 13, ¾ cups, **raw** sliced)

1 pound as purchased yields approximately 10, ¾ cups, **cooked** sliced)

Yellow Squash

1 pound as purchased yields approximately 15, ¾ cups, **raw** sliced)

1 pound as purchased yields approximately 8, ¾ cups, **cooked** sliced)