



THE URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

For more information on summer squashes, check out *Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe* at the farm store or BountyFromTheBox.com.

ABOUT SUMMER SQUASH

The term “summer squash” refers to the more than 600 squashes like zucchini, pattypan or scallop, and yellow straightneck and crookneck. They differ from their thick-skinned, hard-as-a-rock winter squash cousins in that they have thin skins (often easily pierced with a fingernail), tender flesh, and a light, slightly sweet vegetable taste that is delicate and takes well to fresh herbs, butter, good-quality oils, and other light seasonings.

HOW TO SELECT AND STORE

Summer squashes are best when still young, tender, and small. Overly large ones may be bitter, tough, and tasteless. Choose firm, plump, heavy specimens with unblemished skins and no soft, bruised, shriveled, or watery spots. Summer squashes are surprisingly perishable; avoid washing them until just before using, and keep them wrapped in a plastic bag in the refrigerator vegetable crisper drawer for up to 4 days. Avoid bruising or puncturing the delicate skin, so they don't decay.

A COOKING TIP

Summer squashes are high in moisture and often turn watery when cooked, so choose cooking methods that dry them out a bit. It's better to steam summer squash than boil. Steam 1-inch chunks for 10 to 12 minutes, or until the squash is tender. Roasting and grilling are also terrific, concentrating flavors, evaporating moisture, and making them creamy.

COMPLEMENTARY FOODS & SEASONINGS

Balsamic vinegar, basil, beans, beef, butter, capers, cheese (Asiago, feta, goat, Monterey Jack, Parmesan), chicken, chives, cilantro, cinnamon, cloves, corn, cream, curry, dill, eggs, eggplant, garlic, lemons, marjoram, mint, nutmeg, olive oil, onions, oregano, parsley, pasta, peppers, pine nuts, rice, rosemary, sage, sausage, tarragon, tomatoes, walnuts, yogurt.



SUMMER SQUASH SERVING SUGGESTIONS



- Add peeled summer squash cubes to soups, stews, beans, and gratins.
- Serve chunks or thin rounds of raw, tender summer squash with other fresh vegetables and your favorite dips and dressings.
- Finely grate or shred summer squash, sauté with onion in butter, and combine with milk, eggs, and seasonings. Top with butter and cracker crumbs; bake in a 450°F oven for 15 minutes, or until golden brown.
- Make a hearty one-dish meal of squash lasagna, combining slices of summer squash with layers of meat, cheese, and noodles. Serve with salad and fruit.
- Shred summer squash with carrots, cucumbers, and cabbage for an unusual coleslaw.
- Thinly slice summer squash to substitute for cucumbers in sandwiches.
- Slice summer squashes in half and grill for 3 to 4 minutes on either side on the hottest part of the grill. Chunks of squash are terrific in kebabs.
- Make ratatouille by combining summer squash, eggplant, tomatoes, onions, garlic, herbs, and olive oil, and cooking slowly to reduce the liquid.
- Roast zucchini or other summer squash in the oven with sliced onions, olive oil, salt, pepper, and other herbs and seasonings.
- Add diced, sautéed summer squash to salads and pasta dishes.
- Sauté coins of summer squash of contrasting colors—yellow and light green, for instance—and dress with fresh herbs (mint gives a wonderful, surprising burst of flavor) and garlic for a lovely summer dish.
- Zucchini is a staple in tagines, that tasty North African dish with couscous.
- If you have extra marinated and grilled summer squash, add it to almost any type of sandwich the next day for a tangy or smoky flavor.
- Combine with eggs, tomatoes, and basil to make a summer frittata.
- Of course, if all else fails, make that old standby—squash bread or muffins. The squash's high water content keeps baked goods (even cake) wonderfully moist!