

# Harvest of the Month

## Summer Squash



## FUN FACTS:

Summer squash has an edible rind and soft seeds. Popular varieties include:

- Zucchini (yellow and green)
- Pattypan
- Yellow Crookneck

This is a versatile vegetable which is delicious sautéed, baked, grilled, steamed, and stuffed. Add to a salad, soup or stir-fry too!

The blossoms can be stuffed or battered and fried.

*This institution is an equal opportunity provider.*

