

Cornell Cooperative Extension

Summer Quick Tips



Summer Squash Is on the Menu!

August is when summer squash is abundant and can be found– in backyard gardens, farm stands, public markets, and farmers' markets. It is inexpensive and can be eaten raw or used to make a variety of meals, side dishes, salads, and even desserts. Summer squash is immature squash that is harvested early unlike winter squash. For this reason, summer squash does not last as long as winter squash. When selecting summer squash, look for glossy, small to medium size, with no bruises or scratches. Store summer squash in a plastic bag in the refrigerator.

Summer squash is a good source of vitamin B6 and helps to maintain healthy skin and red blood cells. It is also a good source of vitamin C, which helps to heal cuts and wounds. Summer squash peels are edible and rich in beta-carotene, which supports eye health.

Using summer squash in recipes is very easy. They have a mild and sweet taste. Try grilling, roasting, or sauteing them!



FARMERS' MARKET TIPS

Freshly grown vegetables and fruit are in abundance this month. Look for peaches, plums, blueberries, melons, apricots, donut peaches, early apples, green and yellow beans, corn, summer squash, tomatoes, lettuce, cucumbers, bell peppers, carrots, Swiss chard, kale, onions, and potatoes.



Building Healthy Habits Recipe

Zucchini with Corn

Serving size: 1/6 of recipe

6 servings per recipe

Ingredients

- 2 ½ cups fresh corn kernels (or frozen, or canned corn, rinsed)
- 1 tablespoon olive oil
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 pound zucchini, sliced
- 3 medium Roma (plum) tomatoes, chopped
- 1 medium Poblano Chile pepper, seeded, deveined, and chopped
- Salt and pepper to taste
- ¼ cup crumbled Cotija cheese

Directions

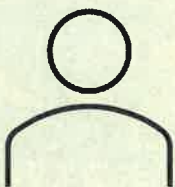
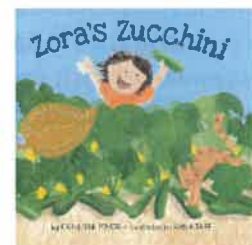
1. Wash hands with soap and water.
2. If using fresh corn kernels, place corn into a saucepan and cover with water; bring to a boil. Reduce heat to medium, cover, and cook until tender, about 10 minutes.
3. Drain the corn.
4. Heat oil in a large skillet over medium-high heat. Add onion and garlic, cook and stir until onion is translucent, about 5 minutes.
5. Add zucchini and tomatoes; cook and stir for 5 minutes.
6. Stir in corn, poblano pepper, salt, and pepper; cover and cook until zucchini is tender, about 10 minutes.
7. Sprinkle with cheese and serve.
8. Refrigerate leftovers within 2 hours.



Nutrition Facts (per serving): 121 calories, 5 g Total Fat, 2g saturated fat, 83 mg sodium, 18g carbohydrates, 4g dietary fiber, 5g total sugars, 0g added sugar, 5g protein, 58mg calcium, 498mg potassium, 1mg iron

Kid's Book Club

Head to the public library with your child and borrow the book: "Zora's Zucchini" by Katherine Pryor and read with your child. After reading, talk about how your family could share with neighbors if food was plentiful.



Meet Your Educator!

Name: Amy VanAlstyne

Extension: Delaware County

Contact Information: alv6@cornell.edu

