

# ISLAND GROWN

## HARVEST OF THE MONTH

### SUMMER SQUASH



#### FEATURED FARM OF THE MONTH: SLIP AWAY FARM

Lily Walter and her team at Slip Away Farm on Chappaquiddick grow 1200 summer squash plants every season. They grow Romenesca Zucchini, Zephyr Summer Squash, and Sunburst Patty Pan, which is her favorite with its saucer shape and contrasting vibrant yellow and dark green colors. Pick up Slip Away's summer squash at the farmer's market in West Tisbury, or on Fridays and Saturdays at their Chappy farmstand.

#### HEALTHY SERVING IDEAS

Add extra shredded summer squash to your favorite quick bread recipe. Make this treat even healthier by using applesauce instead of oil and adding in raisins

Sauté chopped summer squash, onions, and bell peppers for a quick side dish.

Sauté zucchini sticks with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.

Dip raw zucchini slices in your favorite salad dressing for a quick snack.

#### HEALTH BENEFITS

**MANGANESE**

**VITAMIN C**

**MAGNESIUM**

**FIBER**

**POTASSIUM**

#### SHOPPER'S TIPS

Ripe summer squash should be firm and give slightly to gentle pressure.

Store whole summer squash in a bag in the refrigerator for up to one week. Wash just before using.

Chop and freeze a surplus of summer squash to save for using during the winter.

Summer squashes come in all shapes and sizes. Look for dark, smooth skinned zucchinis, yellow crooknecks and saucer-shaped pattypan.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

