

ISLAND GROWN

HARVEST ^{OF} THE MONTH

SUMMER SQUASH

SUMMER SQUASH NOODLES

1 LB. Summer or zucchini squash

1/4 C. Chopped fresh herbs of your choice

2 TBL. Olive oil

S and P to taste

Vegetable peeler

Holding the squash lengthwise cut strips or “noodles” with the vegetable peeler, toss with salt and pepper, herbs and olive oil.

Recipe by Robin Forte



For more information visit

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