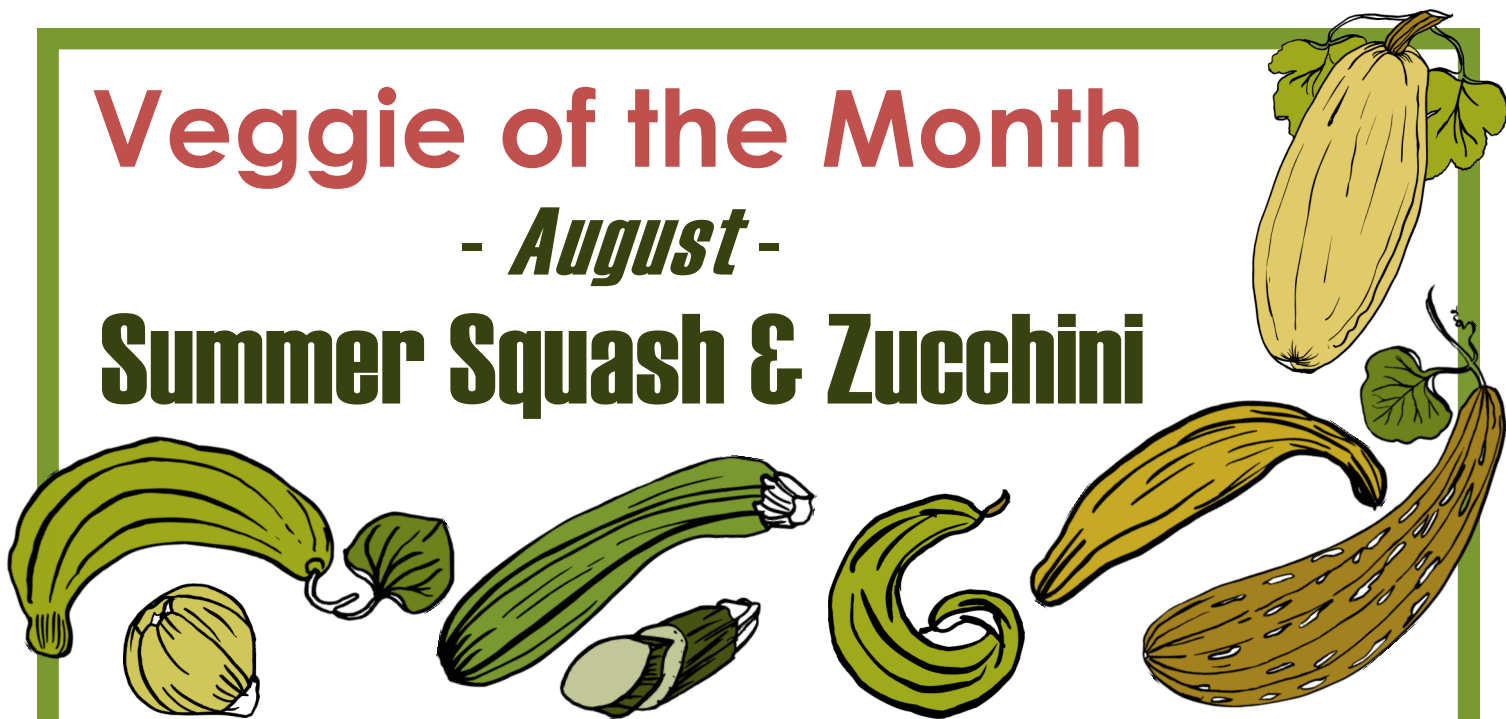# Veggie of the Month
- *August* -
Summer Squash & Zucchini

About

Summer squash are a **nutritious and inexpensive** type of squash that come in a variety of shapes, sizes and colors. The standard green zucchini and yellow squash **can be found year-round** in the grocery store, but in the summer months, markets are flooded with seasonal varieties. Indigenous to South and Central America, summer squashes are now grown throughout the United States and are a **tasty, versatile** addition to meals. They can be eaten raw or cooked, and have a **mild flavor** that can range from sweet to nutty.
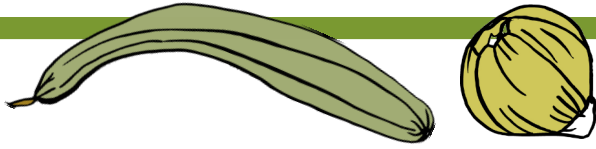
Did You Know?

Unlike their winter counterparts, summer squash are harvested when immature, while the rind is still tender and edible. They get their name because of their short storage life — **eat them fresh!**

Squash is technically considered a **fruit**, because it contains the seeds of the plants.

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Shopper's Tips

Although long summer squash types like zucchini can grow very large, they tend to get watery and bland as they get bigger. **Get the smallest, firmest ones you can find.**

Diversify your grocery list! The small, saucer-shaped pattypan squash and the two-toned zephyr may look intimidating, but they're as easy to cook as zucchini and have a mild taste (and make a beautiful centerpiece until they're eaten!)

Nutrition Highlights

- A rich source of Vitamin A and C, magnesium, fiber, folate, riboflavin, phosphorus, potassium, Vitamin B6, and antioxidants
- High in manganese, a mineral which **helps the body process fats, carbohydrates, and glucose**
- Includes a good percentage of the fiber called pectin, which is linked to **improved heart health** and reduced inflammation

Try This!

- Scoop out round or pattypan squashes, fill with a veggie and chickpea mixture, and bake for a delicious vegan entreé.
- Add sliced or grated raw squash to salads.
- Grate zucchini and use in place of banana or carrot in sweet breads and cakes.
- Try marinating and grilling diced squash on kebabs with onions, chicken and pineapple for a savory-sweet barbeque option.
- Add diced summer squash, halved cherry tomatoes and herbs to brown rice pasta for an easy summer pasta salad.

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