

SUMMER SQUASH

FEATURED FARMS:*

LA CALABAZA DE VERANO

FRESH
RIGHT
NOW



BANTAM ACRES FARM

21 REYNOLDS RD.
TAMAQUA, PA 18252
610-927-7840
FACEBOOK: BantamAcresFarm

COVERED BRIDGE FARM

65 COVERED BRIDGE RD.
NORTHAMPTON, PA 18067
610-261-0261
FACEBOOK: COVERED-BRIDGE-FARM

EPIC ACRE FARM

178 FIVE PTS RD.
MERTZTOWN, PA 19539
484-695-6469
FACEBOOK: EPIC-ACRE-FARM

JUS KIDDIN AROUND FARM

8059 BAKE OVEN RD.
GERMANSVILLE, PA 18053
215-872-3865
FACEBOOK: JUSKIDDINAROUND

PATRIOT FARMS, LLC

130 MOUNTAIN RD.
LENHARTSVILLE, PA 19534
484-542-4553
PATRIOTFARMSPA.COM

SALVATERRA'S GARDENS

9044 MOUNTAIN RD.
ALBURTIS, PA 18011
610-682-0542
SALVATERRASGARDENS.COM

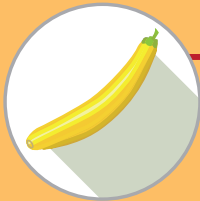
TWIN MAPLE FARMS

7486 SCHOOL RD.
BATH, PA 18014
610-837-0175
TWINMAPLEFARMS.COM

WILLOW HAVEN FARM

7686 HERBER RD.
NEW TRIPOLI, PA 18066
484-201-8249
WILLOWHAVENFARM@LIVE.COM

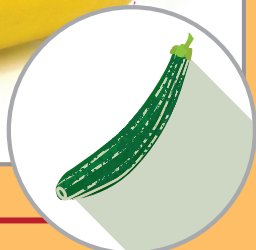
*Visit buylocalglv.org to see the most updated list!



Top:
Sunburst Squash ▼

Middle:
Yellow Crookneck Squash ▼

Bottom:
Yellow & Green Zucchini ▼



An NNC
Program

SUMMER SQUASH

LA CALABAZA DE VERANO

FRESH
RIGHT
NOW

Pictured on front: Zucchini

Summer squash, part of the gourd family, are a very common type of PA produce. Summer squash differ from winter squash in that they are harvested before the exteriors harden and the fruits fully mature. The skin, seeds, and flesh can all be eaten raw or cooked - offering a nutritious, fresh, and light addition to any meal. There are many different colors and textures of summer squash with zucchini being one of the most popular. Summer squash are typically harvested and enjoyed fresh from June to October.

Health Benefits of Summer Squash:

Summer squash are well known for their many health benefits while being surprisingly low in calories. They are an excellent source of vitamins C, A, and B6 - promoting a healthy body, mind, vision, and metabolism. Summer squash are a great source of potassium, magnesium, carbs, and fiber. Like many fruits and veggies, most of the nutrients hide in the skin, so don't let them go to waste! [1]

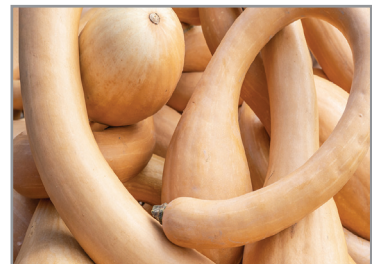
Growing Local Summer Squash:

As their name suggests, summer squash like the warm temperatures of the summer season. They grow rapidly from flowers on bush-type plants and are typically harvested when tender, before fully maturing to preserve their taste and prevent over-ripening. Different squash varieties can be planted throughout the spring and summer seasons to extend their availability. Summer squash grow best in soil that can drain well and is rich in nutrients (like most crops). The squash plant contains both female and male flowers and requires cross-pollination to produce fruit (squash). Increasing day and night temperatures due to climate change can raise the risk of heat stress affecting pollination and fruit yield. By putting exceptional care into their growing methods, local farmers produce a crop that is healthy, sustainable, and delicious!

Common Summer Squash Grown in PA:

1. Green Zucchini
2. Yellow Zucchini
3. Yellow Crookneck Squash
4. Yellow Straightneck Squash
5. Patty-pan Squash
6. Cousa Squash
7. Sunburst Squash
8. Opo Squash
9. Tromboncino Squash
10. Tatum Squash

Pictured Right - Squash Varieties - Top: Patty-pan, Center: Tromboncino, Bottom: Yellow Zucchini



FUN FACTS!

A zucchini can grow 1 inch per day!

- Squash is one of the key components of Native American diets. It is considered one of the "Three Sisters" which is the name for the Native American practice of planting squash, beans, and corn together. Doing so allows the different crops to support and protect one another. The squash help to suppress weeds and nourish the soil. [2]
- Small summer squash typically have better texture and more flavor while larger squash are better for baking and stuffing.
 - All types of zucchini are squash but not all squash are zucchini!
 - Squash are fruit since they flower and contain seeds.
 - Squash blossoms or flowers make a great treat. Try battering and frying them in oil for a quick snack!

[1] Hayman, V. (2022, December 1). Summer Squash Savvy. UWYO Extension. Retrieved January 26, 2023, from <https://uwyoextension.org/uwnutrition/newsletters/summer-squash-savvy>
[2] Kruse-Peoples, M. (2016, May 27). How to grow A three sisters garden. Native. Retrieved January 26, 2023, from <https://www.nativeseeds.org/blogs/blog-news/how-to-grow-a-three-sisters-garden>

ZUCCHINI BROWNIES Recipe

Serving Size: 9-12 / Prep Time: 30 mins / Cook Time: 45 mins

Summer squash make for an easy and healthy substitute in many recipes from pastas to desserts. Not only are these zucchini brownies delicious (possibly more delicious than normal brownies), but they are much healthier with their main ingredient being the juicy and fresh zucchini. *These brownies also make a thoughtful treat for vegan friends- just make sure to use vegan chocolate chips.

Ingredients:

- 2 cups shredded zucchini (don't drain the excess liquid)
- 2 cups flour, *opt for locally produced flour (i.e. Red Cat Farm, Germansville)
- 1 ½ cups granulated sugar
- ½ cup canola or vegetable oil
- ¼ cup cacao powder
- 1 ½ teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 1 bag chocolate chips

Directions:

1. Preheat the oven to 325°F for 9 x 9 in pan or 350°F for 9 x 13 in pan.
2. Combine flour, sugar, salt, baking soda, and vanilla in a large bowl.
3. Stir in oil (consistency should be like the texture of sand).
4. Stir in cacao powder.
5. Stir in the shredded zucchini.
6. Stir in ¾ the chocolate chips.
7. Transfer this batter into the pan and sprinkle the remaining ¼ of the chocolate chips on top.
8. Bake for 40-50 minutes and check with a toothpick.

Serve and enjoy!

Store in an airtight container on the counter or in the fridge to extend freshness.

Summer Squash Storage & Preservation:

Store squash in the fridge crisper to preserve freshness. Summer squash can be easily preserved by pickling or freezing. Frozen squash work great in wintertime stews, soups, and bread.



buylocalglv.org



This flyer, part of Nurture Nature Center's "Fresh Right Now: Advancing Agritourism in the Lehigh Valley through Seasonal Food Education" project, is supported by the 2022-2023 Pennsylvania Agriculture Product Promotion, Education and Export Promotion Matching Grant.