What’s Fresh:

Storage Tips:
Do not wash until ready to eat.
Store in an unsealed plastic bag in the refrigerator.
Eat within 3-5 days.

Variety is key!
Different types of summer squash vary in color, shape, texture & flavor!
Zucchini is the most common.
Other varieties include: Crookneck, Pattypan, Zephyr & Cousa

Ways to eat Summer Squash:

♦ Eat it raw. Cut them into sticks and serve with healthy dips for a snack.
♦ Add to salads & pasta salads. Cut raw summer squash into thin slices and add to salads in the same manner as cucumbers.

♦ Sauté it. Heat oil in a skillet over medium-high heat. Add diced squash and cook, stirring frequently for 5-7 minutes or until slightly tender. Season with salt & pepper. For extra flavor, add diced onion, minced garlic (or garlic powder) and your favorite spices.

♦ Roast it. Preheat the oven to 425°F. Toss diced squash with a few tablespoons of oil, salt, pepper and your favorite herbs. Place in a single layer on a baking sheet and bake for 20-30 minutes, turning half-way through, until the squash is tender and slightly browned.

♦ Grill it. If squash is thin and long, cut in half lengthwise. For larger, thicker squash, slice into 1/2-inch slices. Sprinkle the squash with salt & pepper. Coat the grill grate with a light layer of oil. Grill the squash over direct heat until grill-marked, about 6-8 minutes. Turn the squash and cook for another 6-8 minutes, or until just tender.

♦ Add grated squash to baked goods such as breads, muffins & pancakes! See recipe on back.
♦ Add to stir-fries, pasta dishes, soups, stews & casseroles.
♦ Use thinly sliced squash as a pizza topping!

See more recipes on the back
**Stretch Your Food Dollars with FREE Double Up Food Bucks**

When you use your SNAP BRIDGE CARD at participating farmers markets between June 1 - October 31 to purchase SNAP-eligible foods, Double Up Food Bucks will match what you spend – up to $20, which you can use to buy Michigan grown fruits & vegetables.

For more info call 866-586-2796 or visit www.DoubleUpFoodBucks.org

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**Pasta with Roasted Summer Squash***

**Ingredients:**
- 1 onion, chopped
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 4-5 medium summer squash, diced into bite-size pieces
- 1 Tablespoon Italian seasoning (dried basil & oregano)
- 3 Tablespoons oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon red pepper flakes (optional)
- 12-16 oz. whole wheat pasta (1 box)

**Directions:**
1. Preheat oven to 425°F. Bring a large pot of salted water to a boil.
2. In a bowl, combine onion, garlic, summer squash, Italian seasoning, oil, salt, pepper and red pepper flakes (if using). Stir until veggies are well-coated.
3. Spread veggies in a single layer on a baking sheet. Bake for 20-30 minutes, turning halfway through, or until veggies are tender and slightly browned.
4. While the veggies roast, cook the pasta following package instructions. Reserve 1/2 cup of the pasta water. Drain pasta and return to pot.
5. Remove summer squash from the oven. Add the cooked veggies to the pot with the drained pasta and mix to combine. Add some of the reserved pasta water to moisten and make a sauce.
6. Transfer mixture to a serving bowl. Top with parmesan cheese, if using.

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**Summer Squash Muffins***

**Ingredients:**
- ¾ cup grated or shredded summer squash, squeezed dry
- 1 cup unsweetened applesauce or crushed pineapple
- 5 tablespoons canola or vegetables oil
- ¾ cup of water
- 1 tablespoon white vinegar
- ¾ cup all-purpose flour
- ¾ cup whole wheat flour (or more all-purpose)
- ¾ cup brown sugar, packed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- Pinch of pumpkin pie spice (optional)
- Non-stick cooking spray
- ½ cup raisins or chopped walnuts (optional)

**Directions:**
1. Preheat oven to 350°F. Coat a 12-cup muffin pan with non-stick cooking spray.
2. In a medium bowl, add applesauce/crushed pineapple, oil, water, vinegar and grated summer squash. Mix with a fork to combine.
3. In a large bowl, mix together flour, brown sugar, baking soda, cinnamon, salt and pumpkin pie spice.
4. Add wet ingredients to dry ingredients. Mix until just combined. If using raisins or walnuts, add now.
5. Spread batter evenly in muffin cups. Bake for 20-25 minutes or until a toothpick inserted comes out clean.

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*Recipe from Share Our Strength's Cooking Matters™*