

SQUASH

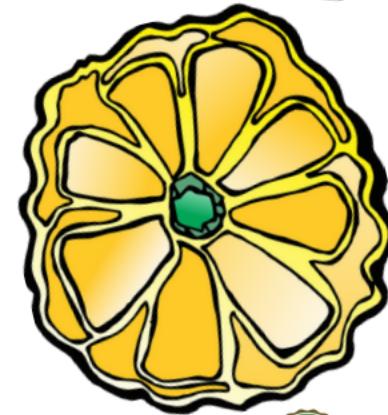
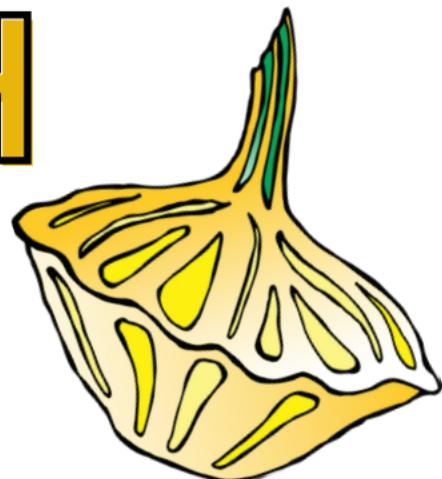
This summer favorite is a low-carb, fiber-rich option that is an excellent source of copper and manganese which support red blood cells and bone health.

Store it: Place summer squash unwashed in an aerated bag in the crisper drawer of the fridge. It should last up to 2 weeks or can be cubed and stored in the freezer for up to 6 months.

Prep it: No need to peel the skin. Give it a wash and slice up as desired. Smaller squash are best to eat raw. They have less water and are more flavorful.

Cook it: Squash can be eaten raw, steamed, sauteed, baked, roasted, fried, grilled or pickled.

Use it up: Make squash fritters, ratatouille, or shred for quiche or muffins.



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FARM
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GRILLING VEGETABLES

Avoid the heat of the stove and opt for the grill. Start by chopping vegetables into wedges or long slices. Brush with oil and seasoning. Place vegetables on a medium-high heat grill. Cook each side for 3-5 minutes and take when they have noticeable grill marks. Grilled vegetables can be added to pastas, salads, sandwiches or pizzas.

Squash Grain Salad

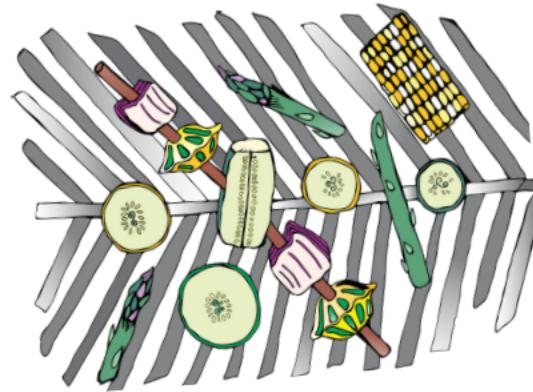
Ingredients:

2 squash
1 small onion
1/2 cup olive oil
1 tbsp. lemon juice
1/3 cup basil
2 cups cooked quinoa
1 pint cherry tomatoes
1/3 cup Feta
Salt & Pepper

Directions:

1. Cut onion into quarters and squash into long slices or wedges. Brush with oil and grill for 4 minutes on each side.
2. Let cool and cut into 1 inch pieces.
3. Make dressing by combining olive oil, lemon juice, basil and a pinch of salt and pepper in a small jar.
4. Add dressing, halved cherry tomatoes, sliced squash and onion to cooked quinoa and toss. Top with feta.

Instill vegetables with a sweet, smoky flavor.



Grill something any season!

Spring: Asparagus, Broccoli, Bok Choy, Cabbage, Fennel, Romaine

Summer: Corn, Eggplant, Peppers, Onions, Okra, Summer Squash, Tomatoes

Fall: Beets, Brussels Sprouts, Carrots, Kohlrabi, Sweet Potatoes, Turnips