



SATISFYINGLY SCRUMPTIOUS squash

Squash flavors well in dishes with onion, cheese, cumin and peppers.

Squash contains a variety of nutrients including vitamin A, vitamin C and fiber. Just half a cup of baked butternut squash provides more than 100 percent of the recommended dietary allowance for vitamin A for one day. Vitamin A is required for growth and development and normal functioning of the immune system. Eating plenty of fruits and veggies like squash may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Did you know?

- Squash is technically a fruit because it contains the plant's seeds.
- Florida mainly produces yellow squash and zucchini (summer squash), but acorn and butternut squash (winter squash) are also grown.
- Florida yellow squash is typically available from October through May, with a peak in February.

Native to Central America, Florida yellow squash grows abundantly in Central and South Florida.

Shopping, Preparing and Storing

- Look for Florida yellow squash that has a smooth peel that is bright to dark yellow and flesh that is firm with no soft spots.
- Store squash in the refrigerator, but not in the coldest part, and wash just before use.
- Florida squash is picked when fully ripe so it is best to consume it within three days of purchase.

Cooking Tips

- When cooking summer squash, try it baked or grilled to help evaporate some of the moisture in the squash.
- The smaller that the squash is, the more flavorful it is.
- Because the skin is so thin, it is not necessary to peel yellow squash.

HOMEMADE SQUASH CHIPS

2 yellow squash or zucchini
2 tablespoons olive oil
Pepper and garlic salt to taste



1. Preheat an oven to 375 degrees F.
2. Slice squash into thin and even slices. Arrange the slices on a single layer on a greased baking sheet.
3. Brush the slices with olive oil and sprinkle them with pepper and garlic salt to taste.
4. Bake for about 15-20 minutes, flipping over halfway through. Remove the slices from the oven once they start to brown. Serve immediately.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.