



## the Squashes of Summer

Our summer squashes include both green & golden zucchini as well as yellow summer squash. All are excellent steamed, sautéed, stir-fried or grilled, & in casseroles or soups. Larger green squashes can be stuffed; these "culinary zucchini" are also perfect for zucchini bread, zucchini pancakes & zucchini chocolate cake. Smaller squashes with more tender peel can be used raw: as an excellent addition to salads & slaws (slice thinly, julienne or shred), or served with dip (cut into long spears or thick slices) .

*(above: young golden zucchini still on the vine (left), green zucchini & summer squash just-picked (right), in the summer sun)*