



# Summer Squash

Zucchini and yellow summer squash are popular summertime vegetables that cook up well in a variety of recipes, from sweet to savory.



## Nutrition

- Nutritionally, 1 cup of chopped zucchini contains around 20 calories, 4g carbohydrate, 1g fiber, and is a source of vitamins and minerals, including vitamin A and potassium.
- Like other veggies, zucchini are not a significant source of fat, protein, or sodium.



## Shopping

- Choose zucchini and summer squash that are small to medium in size. Large summer squashes are edible, but be aware they tend to have tough skin and flesh.
- Look for summer squash with deep colors - often yellow, green, or a mix - that are firm to the touch.
- Avoid summer squash that have insect damage, soft spots or bruises.



## Price

- Fresh zucchini costs \$1.64 per pound (or about \$0.85 per 1 cup) on average.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices

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## Storage

- Place zucchini and summer squash unwashed in the refrigerator for up to 1 week.
- With longer storage, squash may start to soften and wrinkle.
- Do not wash before storing, as this can speed up decay.



## Preparation

- Wash squash under cool water and cut into desired sized pieces for your recipe.
- **Preserve at Home**
  - Can zucchini as pickles or relish, or freeze in slices or grated.
  - Visit the "National Center for Home Food Preservation" at [nchfp.uga.edu](http://nchfp.uga.edu) for recipes and instructions.



## Eat

- Summer squashes are versatile veggies that work well in both sweet and savory recipes, such as zucchini bread, stuffed zucchini, zucchini noodles, oven roasted, grilled, smoothies, and more!

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