



# SUMMER SQUASH

**SUMMER**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Crookneck, Scallop, Straightneck, and Zucchini are the most popular varieties of summer squash. Summer squash can be planted after the last frost has passed in spring and again mid-July to mid-August. Plant seeds or transplants 24 inches apart. Harvest small, tender summer squash after 50 days.



# PREP

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Rinse summer squash with cool water. Remove the squash skin depending on preference. Remove the top and bottom, and cut into desired sized pieces. Prepare baked, fried, grilled, microwaved, sautéed, steamed, or as an added ingredient. You can also pan-fry summer squash flowers!



# EAT

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Enjoy grilled summer squash with your favorite vegetables and meats. Top your pizza with sliced summer squash. Savor zucchini noodles tossed in pesto, tomato sauce, or alfredo sauce. Zucchini bread makes a great breakfast, snack, or dessert!



# LEARN

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Summer squash originates from Central America. Summer squash is a **vegetable** that has no fat or cholesterol making it a great choice for meals. Scientists once discovered summer squash seeds that were over 10,000 years old in caves in Mexico!

