

SUMMER SQUASH



Many varieties of squash, another member of the “Three Sisters,” were grown by Native Americans, including acorn, zucchini, pumpkins and gourds. “Summer squash” is typically used to describe a yellow squash available during the summer months. Zucchini is a green type of summer squash—the most popular, in fact. It was created by natural mutation. Most squashes, like yellow squash and zucchini, are soft shell, meaning that their skin, or peel, is soft and can be easily eaten, unlike a pumpkin. The skin contains the majority of the nutrition found in the squash. The skin, seeds, and flesh can all be eaten whether raw or cooked. Summer squash grows on a bush or vine, unlike winter squash. Explorers brought squash back from North America and spread the vegetable around the world.

SELECTION, STORAGE & COOKING

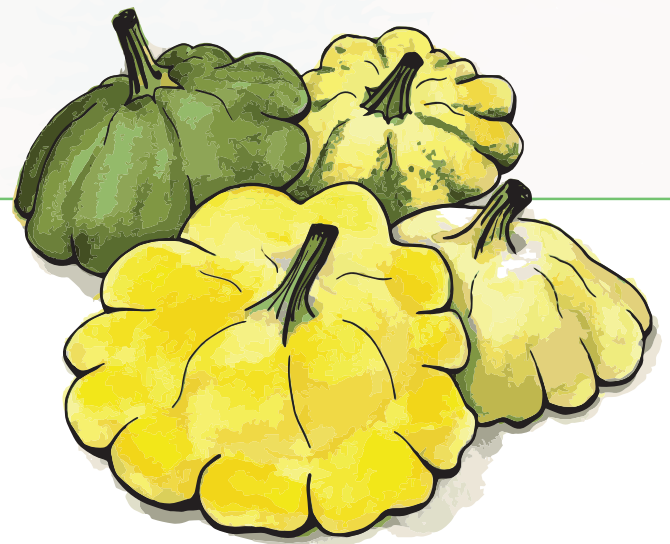
- Store fresh squash in the refrigerator crisper in plastic storage bags or rigid containers to retain moisture. Stored in this manner, squash will maintain quality for 5-7 days.
- Avoid storing fresh squash in areas that might freeze.

SEASONAL AVAILABILITY



HOW TO SAVE SQUASH SEEDS

1. Cut the squash and scoop the seed.
2. Scrape all the seeds into a jar, don't worry about goop.
3. Top off with water and leave to ferment...
4. Drain off the fermented water.
5. Power rinse the seeds to remove tenacious gloop.
6. Lay seeds out to dry.
7. Completely dried seeds can be stored in a dry, dark, and cool location (like a refrigerator). Use a small mason jar; optionally, include a silica gel pack in the jar.
8. Replant the following spring!



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month



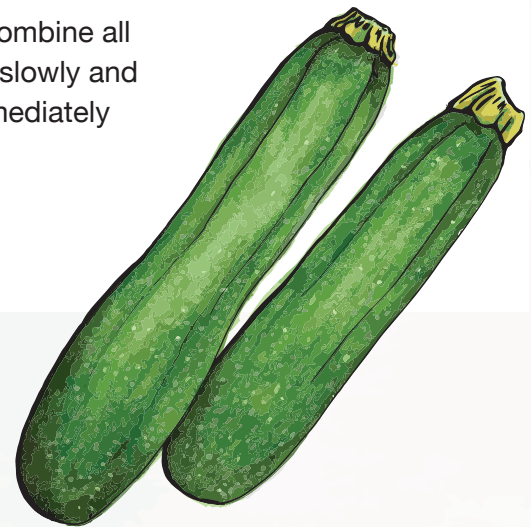
NATIVE AMERICAN THREE SISTERS CHILLED SALAD

Ingredients:

- 1 (14.5 oz) can of navy beans
 - 1 (14.5 oz) can kidney beans
 - 1/2 cup loosely packed amaranth leaves
 - 1/2 cup loosely packed sweet potato leaves
 - 1/2 or 1 roasted zucchini squash, cut into small chunks
 - 2 ears of roasted corn with kernels removed
- Vinaigrette:**
- 1/3 cup of olive oil
 - 1 tbsp of honey
 - 1 tsp chili paste
 - 1/3 red wine vinegar
 - Large pinch of coarse salt

Directions:

1. Roast ears of corn (still in husk) in the oven for approximately 45 minutes at 375°F. Add zucchini squash chunks at the remaining 10 minutes to cook until tender. Peel back husk to check on corn and remove when tender. Remove kernels by slicing lengthwise down with a sharp blade.
2. Loosely shred greens and substitute with other leafy greens if you can't find amaranth and sweet potato leaves. Mint leaves are also a good option for this dish.
3. Prep ingredients a day or two ahead of time and keep them separately.
4. Mix vinaigrette ingredients and salt to taste and keep in a jar. Gently combine all ingredients except for the dressing right before serving. Add dressing slowly and mix with a wooden spoon until lightly coated. Taste for salt. Serve immediately as the greens will wilt.



LEARN TO SAY "SQUASH" IN DIFFERENT TRIBAL LANGUAGES

DAKOTA
Wamnu bloteku

UMONHO^N
Watoⁿ

PONCA
Watoⁿ

HOCHUNK
Á wicąwą cozu

LAKOTA
Wamnu bloteku

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