



Summer Squash



What is in it for you?

- Contains manganese – an important mineral for bone growth in young children
- ½ cup is a good source of Vitamin C
- Helps protect against heart disease and stroke

Produce Tips

- Choose summer squash that is glossy, with tender, intact skin.
- Handle squash with care and take home as soon as possible after purchasing.
- Store squash in a plastic bag in the refrigerator for a couple of days.

Serving Ideas

- Pack sliced squash and light dressing for lunch
- Add diced or shredded summer squash to:
 - Coleslaw
 - Bread and muffin recipes
 - Egg dishes
 - Pasta salads
 - Soups, stews and spaghetti sauces
 - Veggie quesadillas

Fun Facts

- From a botanical standpoint, squash is technically a fruit since it contains seeds.
- Squash are believed to have originated in Mexico and Central America where they were eaten 7,500 years ago.



Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

