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## YELLOW SQUASH

Yellow squash is a vegetable that can be enjoyed many ways. It can be grilled, roasted, sautéed, used as a healthy ingredient in other recipes, and even enjoyed raw. Squash is in the pumpkin family. Varieties



include straight neck and crook neck. Check out our healthful tips and recipe to add some yellow squash to your family's diet!

### GROW

- ▶ Yellow squash is very easy to maintain in a home garden during the warmer months.
- ▶ You can plant yellow squash seeds starting in late March. Yellow squash is harvested from May until October.
- ▶ Grow yellow squash in a sunny area. Pick them when they are small to medium. The younger squash is when you pick it, the more flavor it has.

### STORE

- ▶ Best stored in the refrigerator, yellow squash keeps for 5–7 days. Yellow squash freezes well, so you can enjoy it well after it is out of season.

### PREPARE

- ▶ Do not peel yellow squash.
- ▶ Be sure to wash it in cool water and gently scrub as needed.
- ▶ You can chop, slice, dice, or cut it into wedges.



FUN WITH  
FOOD

### CHILDREN CAN HELP:

Children can help by planting yellow squash seeds, watering them, and picking them at harvest time.

In the kitchen, younger children can help with rinsing and storing. Older children can slice, chop, dice, and cook with supervision.

You can quickly and easily chop or slice yellow squash to enjoy raw with low-fat dips. Or roast it in the oven for a side dish at dinner time.



ENJOY



## ROASTED ZUCCHINI OR YELLOW SQUASH

### INGREDIENTS

- 1¼ pounds zucchini or yellow squash
- 2 teaspoons oil
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper



### DIRECTIONS

1. Preheat the oven to 400°F.
2. Wash your hands well with soap and warm water for 20 seconds.
3. Line a large pan or cookie sheet with aluminum foil. Set it aside.
4. Wash the squash. Trim ends and cut in half lengthwise. Then cut each piece into half-moon pieces about ½-inch thick.
5. Put the pieces into a large plastic storage bag.
6. Add the oil, garlic powder, oregano, salt, and pepper.
7. Shake the bag until the pieces are coated with oil and spices.
8. Place the pieces on the pan lined with foil. Spread them out into an even layer.
9. Put the pan in the oven. Bake for about 20 minutes. When the squash pieces are light brown and tender, but still a little crisp, they are done.
10. Refrigerate leftovers within 2 hours.

### LEARN MORE

- To learn more about cutting, freezing, storing, and roasting yellow squash, visit [HappyHealthy.MS](http://HappyHealthy.MS) and click on Tips and Videos.
  - Chop, Slice, Dice, Mince, Peel, and Crush
  - How to Freeze Fresh Fruits and Vegetables
  - How to Store Fruits and Vegetables
  - Roast Vegetables



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By **Madison Payne**, Mississippi State University Extension Service.



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