SNAP-Ed

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Growing in Washington

Summer Squash

In Partnership with FOOD HERO FoodHero.org

Quick Garden Tips

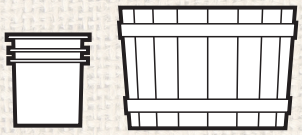
1. Summer squash come in a range of shapes and colors: green zucchini, yellow-neck squash and pattypan squash are just a few!
2. This warm-season crop grows best when soil temperatures have warmed to 70 degrees F. Don't be in a rush to plant in the spring. Transplants ("starts") take about 40 to 50 days to mature.
3. These plants require regular, deep watering. The soil 4" beneath the surface should be moist, but not soaked. Shallow watering promotes short roots.
4. To avoid powdery mildew, water the base of the plant. Do not water the leaves.
5. To ensure you have enough blossoms open for pollination, you may choose to grow 2 to 3 plants.

Season and Location

Summer

Container Gardening

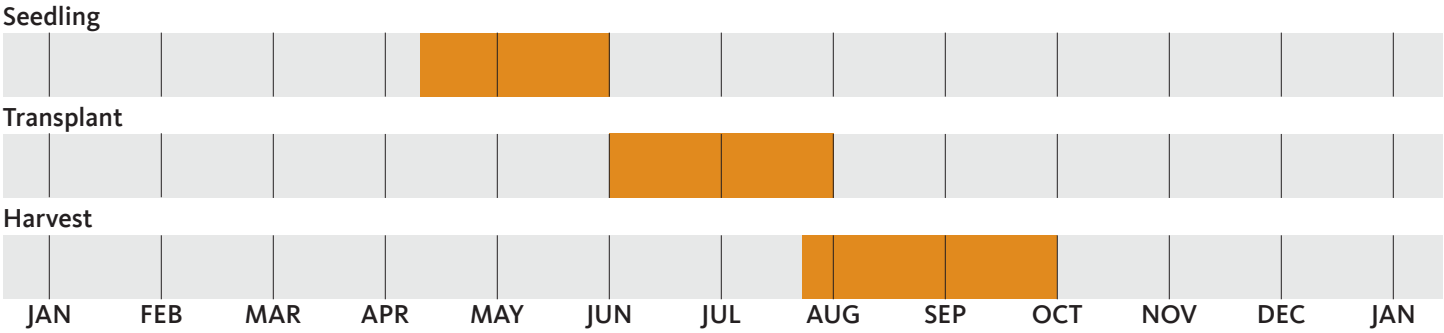
- Many varieties of summer squash require a lot of space, but some bush varieties can be grown in large containers (see recommended varieties on the other side).
- Bush varieties need about 12" of space around them.
- Make sure your container has small holes near the bottom to allow water to drain from the soil. Otherwise, roots may become waterlogged.



Key Pests and Diseases

Powdery mildew, cucumber beetles

Washington Gardening Calendar for Summer Squash



Adapted from WSU Extension Publication EM0575E.

Recommended Types to Grow

Yellow Squash
Early Prolific Straightneck
Fancycrook†
Gentry
Goldbar†
Multipik
Superset
Sunray
Yellow Crookneck

Patty Pan
Sunburst†

Green Zucchini
Ambassador
Aristocrat
Cashflow
Elite
Floridor (round)
Geode (round)
Noche
Raven†
Seneca
Tigress

Yellow Zucchini
Butterstick
Gold Rush

† These types can be grown in large containers.

When and How to Harvest

- For best taste, harvest while the skin is still tender (not tough) and smooth (not bumpy).
- Gently but firmly grab the squash near the end away from the plant. Lift up and twist to remove.
- Harvest often to encourage the plant to produce more squash.
- If you missed picking a squash and it grows large, remove it. This helps the plant put its energy into growing new squash.

Storage and Cooking

- You can remove the seeds of larger squash and add the raw, grated flesh to baked goods or pancakes. Or chop the squash and add it to soups.

Hummus and Summer Squash

Preparation Time: 10 minutes **Makes:** 1 cup

Ingredients

1 cup cooked (drained) **garbanzo beans**

2 Tablespoons **lemon juice** (fresh or bottled)

2 teaspoons **vegetable oil**

½ cup **nonfat plain yogurt**

1 clove **garlic**, or ⅛ teaspoon **garlic powder**

¼ teaspoon **black pepper**

½ teaspoon **ground cumin**

2 **summer squash** (crookneck, zucchini, etc.), cut into strips for dipping

Directions

1. Place all ingredients in a blender.
2. Blend until desired consistency (more time for a smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons of water.
4. Refrigerate leftovers within 2 hours.

Notes

✿ Different types of summer squash taste great dipped in hummus.

✿ Change the flavor of the hummus by adding chili powder, chopped cilantro or parsley, or hot sauce.

The Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans. This material was funded by USDA'S Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit http://foodhelp.wa.gov or contact the Basic Food Program at 1-877-501-2233. SNAP-Ed is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity employer.