Zucchini
Quick-growing, best picked small, young, and tender. Zucchini are easy to miss on the plant, so look carefully! The darker the skin, the more green or vegetal the flavor!

Patty Pan
Coming in various shades of green, yellow, and white, this squash is firmer, milder in flavor, and slightly drier than other squash varieties, making it perfect for the grill or for stuffing. The blossoms are also good for stuffing.

Cousa Squash
From the Middle East and typically found in Lebanese and Syrian recipes, this squash is similar to zucchini, with thin skin, and tender, slightly sweeter flesh. It is great stuffed, grilled, or sautéed. Also sometimes spelled “Kusa”.

Yellow Straightneck
Tender and perfect for raw, squash ribbon summer salads. Use this interchangeably with zucchini!

Ronde de Nice
A spherical, French heirloom variety that is great for stuffing.

Zephyr Squash
This two-toned hybrid is firm, has a slightly nutty flavor, and is high yielding. Use it the same way you might use yellow squash!

Yellow Crookneck
A classic, easy-to-grow, prolific variety of squash, typically denser than its straightneck cousin.

Fun Facts
The entire squash plant, the leaves, tendrils, shoots, stems, flowers, seeds, and fruit, can be eaten.

Summer squash is harvested immature and eaten while the skin is still tender. Winter squash is harvested at full maturity and grows a thick skin, which helps it store longer.

Summer squash are a good source of vitamin C, fiber, vitamin A, and potassium.

Summer squashes are 95% water!

Summer squash is technically not a vegetable, but a “pepo,” a type of hard-walled berry.

There is evidence of squash cultivation going back to at least 8,000 B.C. in Central Mexico, Peru, and the Eastern United States.

Squash Jokes
Q: What is a zucchini’s favorite sport?
A: Squash!

Q: What do you get when Bigfoot stomps on your garden?
A: Squash!

Q: What does a vegetable wear to the beach?
A: A zucchini

Q: How did the farmer fix his torn jeans?
A: With a vegetable patch!
**Children's Books**

- **Sophie's Squash**
  - Pat Zietlow Miller

- **Sophie's Squash Go To School**
  - Pat Zietlow Miller

- **Carlos and the Squash Plant**
  - Jan Romero Stevens

- **Zora's Zucchini**
  - Katherine Pryor

- **Squash Boom Beet**
  - Lisa Maxbauer Price

- **Squash Pie**
  - Wilson Gage

- **The Giant Zucchini**
  - Catherine Siracusa

- **The Accidental Zucchini**
  - Max Grover

---

**Zucchini Pizza Bites**

**Ingredients:**

- 3 large zucchini, sliced into 1/4" rounds

- Extra-virgin olive oil, for brushing

- 1/4 c. marinara or pizza sauce

- 1/3 c. shredded mozzarella

- 1/3 c. mini pepperoni

  - Dried oregano or other herb, for sprinkling

**Directions:**

- Preheat oven to 400°.

- Place zucchini slices on a baking sheet and brush with olive oil.

- Bake until slightly tender, 5 minutes.

- Spoon a thin layer of sauce over each slice, then top with mozzarella and mini pepperoni. Sprinkle with dried oregano and bake until zucchini is tender and cheese is melted, 10 minutes.

---

**Sources**

- [https://extension.umaine.edu/publications/4257e/](https://extension.umaine.edu/publications/4257e/)
- [http://extension.msstate.edu/sites/default/files/publications/information-sheets/is1887.pdf](http://extension.msstate.edu/sites/default/files/publications/information-sheets/is1887.pdf)
- [https://modernfarmer.com/2015/08/summer-squash-varieties/](https://modernfarmer.com/2015/08/summer-squash-varieties/)
- [https://www.merriam-webster.com/words-at-play/native-american-words/squash](https://www.merriam-webster.com/words-at-play/native-american-words/squash)