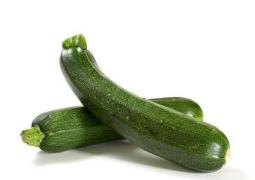
YELLOW SUMMER SQUASH





ZUCCHINI

Both Yellow Summer Squash, also known as straight neck squash, and Zucchini are part of the summer squash family. Summer squash are harvested at the immature stage, have soft shells and tender, light-colored flesh. Summer squash are tender and tasty when young, but most varieties are tasteless when large and overgrown. The different varieties of summer squash can be used interchangeable in most recipes, because most have similar texture and flavor.

Zucchini is the most popular summer squash purchased in the United States. Zucchini can be dark green, light green, bright yellow, or any combination. Yellow summer squash has a lemon colored skin and round end, tapering to a narrow stem end that is either curved or straight.

Summer squash can be eaten raw or used in baking, steaming, or sautéing and both the flesh and the skin can be eaten. Nutritionally summer squash are 95% water making it a low-calorie food. They are also a good source of vitamin C and potassium.