

# Summer Squash

Squash originated in the wilds of Guatemala and Mexico and was originally grown for its seeds until tastier and fleshier varieties were cultivated. Summer squash differs from winter squash because it doesn't store for long periods of time. Cosmic Apple's summer squash is a great source of manganese and vitamin C, magnesium, vitamin A, fiber, potassium, folate, copper, riboflavin, and phosphorus. Many of these nutrients protect our cardiovascular systems. Magnesium helps reduce the risk of stroke and heart disease while magnesium and potassium together help reduce high blood pressure. Summer squash and zucchini are high in the antioxidant beta-carotene as well as lutein and zeaxanthin. Vitamin C and beta-carotene (vitamin A) can help prevent the oxidation of cholesterol and folate helps break down homocysteine which in high levels is a risk factor for heart attacks and strokes. Most of these nutrients help prevent cancer and the vitamins A, C and copper help reduce inflammation so are helpful with asthma, osteoarthritis and rheumatoid arthritis. ~Martha Berkesch Nutritional Notes

Jed grows many different varieties of zucchini, many of which are heirlooms. There's zephyr (yellow with green tip), Magda (light green), safari (dark green with white stripes), sunbeam (bright yellow), yellow and green patty pan (which are fun to cook stuffed) and Costada Romanesco (medium gray green). They are all basically interchangeable when it comes to their uses in recipes, and their flavors are only subtly different. With a little experimentation, you'll surely find your favorite variety.

Squash ideas: make more fritters! slice and grill with oil, salt & pepper, Paninis, zucchini pickles, grate zucchini, sauté in a white sauce, zucchini bread, casseroles, grill strips, savory muffins, add to pasta salads, zucchini lasagna, dried zucchini chips, Chocolate chip zucchini cookies, zucchini pickles, cube and freeze to put in curries and soups during winter (uffda! That's a lot of zucchini!) Make another batch of zucchini fritters and freeze for winter, summer squash soups or curries Google "summer squash soups", shred and freeze for zucchini bread in winter

If you still have too much summer squash... You can shred summer squash and freeze it. No blanching or canning. Shred, put it in a bag and freeze it! In the winter you can thaw, strain and use it to make zucchini bread or the cake recipes listed below!

## Recipes:

### Breakfasts:

#### One Pan Summer Eggs

1TBS Olive Oil

1 Zucchini chopped

1 Tomato chopped

1 Garlic Clove

2 Eggs

Basil Leaves

Heat the oil in a frying pan, add the zucchini. Fry for 5 min, stirring occasionally until softened, add tomatoes & garlic, cook for a few more minutes. Make 2 gaps in the mix & crack in the eggs. Cover the pan with a lid, cook for 2-3 min. Scatter basil over the top & serve with crusty bread.



### **Summer Squash Frittata**

4 Eggs

½c Parmesan, grated,

Salt n' Pepper

2 TBS Butter divided

½ Onion diced

½ sm Squash sliced into rounds

½ sm Zucchini sliced into rounds

Zest of ½ Lemon

1 tsp fresh Basil

Lightly beat the eggs in a bowl; add parmesan and season with Salt n' Pepper. Set aside. Melt 1TBS butter in a skillet, add onion, & cook until translucent. Add Squash & Zucchini continue to cook, stirring occasionally, until both have softened. Stir in lemon zest & basil continue cook for another minute. Remove from heat and cool. Transfer both to the egg mix, gently stir. Coat the entire pan with the remaining butter. Pour the egg mix into the hot pan & cook, undisturbed until the edges begin to brown & top starting to set. Sprinkle top with cheese & transfer the entire pan to the oven about 6 inches from the heating element & broil. Check after a minute. It's ready when the top is fully set and nicely browned. Serve immediately with fresh salsa.

### **Summer Squash Waffles**

2c whole wheat flour

1c all-purpose flour

1tsp baking soda

1tsp salt

3/4tsp cinnamon

1/4tsp nutmeg

1/4c brown sugar

4 eggs room temp

2 1/2c milk room temp

1/2c Greek style yogurt

1/2TBS vanilla extract

1c shredded summer squash (patted dry)

1TBS lemon zest

1/4c walnuts (optional)

Pre-heat waffle iron. Whisk together first 7 ingredients. In a smaller bowl combine the next 4 wet ingredients. Add wet ingredients to dry all at once and gently fold until all flour is mixed in. Do not overmix. Gently fold in summer squash, lemon, and walnuts if desired. Serve immediately with butter and pure maple syrup!

### **Carrot, Zucchini, & Parsnip Frittata**

Melted butter, to grease

2 tsp olive oil

½ c grated zucchini

½ c grated carrot

½ c grated parsnip

2 green shallots finely chopped

3 eggs whisked

2TBS chopped parsley

1TBS flour

\*optional cheese

Preheat oven to 400 degrees, Brush a square cake pan with melted butter. Heat the oil in a medium saucepan over medium heat. Add the zucchini, carrot, parsnip, & shallots, & cook, stirring for 4-5 minutes. Remove from heat & set aside for 10 minutes to cool. Combine vegetable mixture, egg, cheese, parsley, & flour in a large bowl & stir until well combined. Spoon vegetable mixture into prepared pan & smooth the surface. Bake in oven for 12 minutes. Remove from oven & set aside for 10 minutes to cool.

### **Zucchini Frittata**

2 small cloves garlic

Olive oil

1 zucchini

A handful of kale, chopped

½ cup basil

8 eggs

2 T milk

Salt and pepper

1/4 cup grated Lifeline Cheese

Preheat the broiler. Sauté olive oil and garlic. Thinly slice the zucchini on a mandolin. When the oil and garlic are heated, tear some basil into the pan, add zucchini & kale then cook 2 minutes. Season with salt and pepper. Blend eggs in a blender with a little bit of milk and some salt and pepper. Blend on the highest speed. Pour the egg mixture into sauté pan and let it sit for 1 minute. When there isn't much loose egg left in the pan, add cheese and place pan in the broiler for 1 minute. Take pan out of broiler, let it cool and set in pan for 5 minutes. When cool invert a plate on top of pan and turn over. Enjoy! Adapted from The Food Network

### **Zucchini & Apple Muffins**

1 ½ cups unbleached white flour

½ cup oat bran

1 ½ t baking powder

½ t baking soda

½ t ground cinnamon

¼ t salt

2 eggs

¾ cup plain yogurt

¾ cup brown sugar

½ t vanilla

1 cup grated zucchini

1 cup, chopped apples

Preheat the oven to 350 degrees & lightly oil muffin tin. In a bowl, sift together the flour, oat bran, baking powder, baking soda, cinnamon & salt. Stir to mix evenly. In separate bowl, beat eggs, add yogurt, vanilla, & brown sugar, beat until thoroughly mixed. Fold in zucchini & apples. Stir wet ingredients into dry ingredients until just blended. Spoon 1/3 cup of batter into each muffin cup. Bake for 15 min., rotate tin and bake for another 10-15 min. or until tester comes out clean. - Moosewood Classics

### **Persian Zucchini Frittata**

3 T olive oil

1/4 t minced fresh ginger  
3 large onions, chopped  
3 cloves garlic, minced  
1 t ground turmeric  
5 medium zucchini, halved lengthwise & cut crosswise into 1/4"-thick slices  
Salt and freshly ground black pepper to taste  
4 T flour  
1/2 t baking soda

7 eggs, beaten

2 T chopped parsley

Heat oven to 400°. Heat 2 T oil in a 12" skillet over medium-high heat. Add ginger, onions, and garlic; cook until soft, 6–8 minutes. Add turmeric and zucchini; season with salt and pepper; cook until tender, 12–15 minutes. Stir in 3 T. flour and baking soda; let cool. 2. Stir eggs into zucchini mixture. Grease a 9" x 13" casserole with remaining oil; sprinkle with remaining flour; pour in mixture. Bake until set, 25–30 minutes. Garnish with parsley. - Saveur

### **Balsamic Grilled Summer Squash**

2 summer squash, quartered lengthwise

2 tsp. olive oil

1/2 tsp. garlic powder

1 tsp. Marjoram

1 pinch salt

2 Tbsp. balsamic vinegar

Preheat grill to medium-low heat and lightly oil the grate. Brush zucchini with olive oil. Sprinkle garlic powder, Italian seasoning, and salt over zucchini. Cook on preheated grill until beginning to brown, 3-4 minutes per side. Brush balsamic vinegar over the zucchini and continue cooking 1 minute more. Serve immediately.

### **Curried Zucchini & Swiss Chard**

16oz Swiss chard destem & chopped into pieces

1 medium Zucchini thinly sliced

2 Scallions thinly chopped

1/4tsp curry powder

2TBS Butter

Splash Olive Oil

A bunch of lemons

Rice (optional)

In a large sauté pan heat 1 TBS butter with a splash of olive oil, over medium heat. Add scallions & sauté for 1 minute. Add a large handful of Swiss chard & sauté in batches. As its starts to wilt add more. Your chard is done when it tastes tender, not tough. About 5-6 minutes. Season with salt and Pepper. Using tongs, remove Swiss chard from the pan squeezing out any excess liquid. Set aside & keep warm. In the same pan heat 1 TBS butter with a splash of olive oil. Add curry powder & warm it through to bring out its flavor, about 1 minute. Add zucchini and sauté for about 3-5 minutes, season with salt n' pepper. Sprinkle the zucchini over the Swiss chard & squeeze some lemon over top. Serve over rice if desired.

### **Yellow Summer Squash & Corn Soup**

1 lb. Yellow Squash ½ inch slices

2 ears Corn shucked

3 LG Shallots chopped

2 LG Garlic cloves minced  
1 Jalapeño chopped  
2TBS Basil chopped  
1TBS Olive Oil  
¼ tsp Cumin  
2 ½ c Water

Working over a bowl, cut kernels from cobs. Halve the cobs. In a large stock pot combine all ingredients (including cobs) except the water, cook over moderate heat, stirring, 3 minutes. Stir in water & simmer mixture until squash is very tender, about 15 minutes. Discard cobs. In a blender puree mixture in batches until smooth. (USE CAUTION WHEN BLENDING HOT LIQUIDS!) Transfer soup into another bowl. Add salt n' pepper if desired.

### **Summer Vegetable Tian**

1TBS olive oil  
1 medium Yellow Onion diced  
1tsp Garlic minced  
1 medium Zucchini sliced thin  
1 medium Yellow Squash sliced thin  
1 medium Potato sliced thin  
1 medium Tomato sliced thin  
1tsp Thyme  
1tsp Basil,  
Salt n' Pepper  
1c Cheese shredded.

Preheat oven to 400 degrees. Sauté both in a skillet with olive oil until softened. Coat the inside of an 8x8 pan with oil. Spread the onion & garlic mix on the bottom of the pan. Place the thinly sliced vegetables in the baking pan vertically, in an alternating pattern. Sprinkle generously with salt n' pepper, thyme, & basil. Cover pan with foil & bake for 30 min. remove foil, top with cheese & bake for another 10-15 minutes

### **Tortellini & Garden Vegetable Bake**

2 packages of refrigerated tortellini  
2 medium carrots, thinly slice  
1 ½ c Sugar Snap Peas trimmed & cut in half,  
2 TBS Butter  
1 ½ c Zucchini sliced  
1/3c Chicken Broth  
2TBS Parsley  
2 TBS Flour  
Salt n' Pepper  
1 c milk  
1 package cream cheese cubed & softened  
½ a lemon juiced  
1 cup Tomato chopped  
1 bell pepper chopped  
½ c mozzarella shredded

Preheat your oven to 350 degrees, cook tortellini according to the package directions, add the carrots for the last 5 minutes, & add the sugar snap peas for the last minute. Drain & return to pot. Melt butter in a skillet over medium heat.

Add zucchini & cook for about 5 minutes, stirring occasionally. Shake together chicken broth, oregano, flour, salt n' pepper in a jar until smooth. Add the chicken broth mixture & the milk to the pan with the mushrooms. Cook & stir until thick & bubbly. Add the cream cheese & cook until it is completely combined. Add the zucchini, lemon juice, cherry tomatoes, & bell pepper to the pot with the tortellini & gently toss to coat. Put into an ungreased casserole dish. Top with shredded cheese, bake uncovered for 30 minutes.

### **Summer Squash & Corn Chowder**

6 slices of bacon cooked & crumbled & 4TBS bacon fat reserved

1 c green onions sliced divided, ½ c celery sliced

1 ½ lb. yellow squash chopped

2 garlic cloves minced

2 ¾ c milk

4 1/2c fresh cut corn divided

½ c heavy cream

1 ½ tsp parsley

1 ½ tsp thyme

Salt n' pepper

¾ c cheddar cheese

Heat 4 tsp reserved bacon fat in a Dutch oven over medium/high heat add ¾ c of the green onions, celery, & squash. Sauté until tender, about 8 minutes, adding in garlic during the last 30 seconds of sautéing. Reduce heat slightly. Add 1 ½ c milk, 1 ½ c of corn, thyme, salt n' pepper to the sautéed veggies. To a blender add remaining 3 c of corn, remaining 1¼ c milk & cream. Process in blender until nearly smooth about 30 seconds. Add pureed mixture to Dutch oven & stir to blend. Cook until heated through. Serve warm with shredded cheese, & crumbled bacon.

### **Summer Squash Boats**

2 summer squash or zucchini

1TBS olive oil

1/2tsp oregano

1/2tsp basil

1 1/2c marinara sauce

2/3c mozzarella shredded

Salt and pepper

Preheat oven to 375. Line a baking sheet with parchment paper. Cut each squash in half horizontally, then carefully scoop out the center of the squash, saving for another use, leaving about ½ inch of zucchini on the skin. Heat olive oil in a sauce pan over medium heat add the leftover squash, oregano, basil, salt and pepper, cook 3-5 minutes. Stir in marinara sauce until heated through, about 1-2 minutes. Add the mixture to each boat, sprinkle cheese on top, place into preheated oven bake for 10 minutes. Serve immediately.

### **Greek Stewed Zucchini**

1 lb. zucchini, sliced into 1-inch thick rounds

1 cup tomato sauce

1 tsp chopped fresh oregano

2 diced tomatoes

3 Tbls feta cheese

Simmer zucchini in tomato sauce along with oregano and diced tomatoes until softened, about 8 minutes. Sprinkle with feta. Season to taste with salt and pepper. Serve as is or place it under a broiler until cheese is browned, 2-3 minutes. Makes 4 servings. \*From Asparagus to Zucchini

### **Simple Summer Pasta**

Pasta of choice

Cosmic raw butter

Shelling peas

Zucchini or squash, diced

Garlic, chopped

Tomatoes, chopped

Mint leaves

Shell the peas from their pods. Boil the pasta per instructions. For a gluten-free option, make the zucchini into noodles and steam. Heat plenty of butter in a skillet. Sauté the peas and zucchini or squash until tender. Add some chopped garlic at the end. Toss the peas and zucchini with the pasta or zucchini noodles, tomatoes, mint, salt and pepper and olive oil if desired.

**Zucchini-Feta Pancakes** (Shareholder favorite) Workshare Manager Martha passed this recipe onto us!

4 eggs, separated

4 packed cups coarsely grated zucchini

1 cup feta cheese

1/2 cup finely minced scallions

1 tsp dried or 1 tbs fresh mint

Salt and pepper

1/3 cup flour

Oil for frying

Sour cream or yogurt for topping

Beat the egg whites until stiff. Combine zucchini, egg yolks, feta, scallions, seasonings, flour in a bowl and mix well. Fold the egg whites into the zucchini mixture. Heat oil in a skillet and fry spoonfuls of zucchini batter until golden and crisp. Serve immediately with yogurt or sour cream. \*Moosewood Cookbook

**Summer Squash Ribbons** (Shareholder favorite)

1 ½ pounds summer squash

1 shallot, thinly sliced (about 2 Tbsp.)

2 Tbs extra virgin olive oil

2 tsp white wine vinegar

Salt & pepper

¼ cup chiffonade of basil

¼ cup toasted pine nuts

2 ounces goat cheese

Trim the ends off the squash and, using a mandolin, vegetable peeler, or knife, cut the squash lengthwise into very thin strips. Place in a large bowl with the sliced shallot, olive oil, and vinegar, and gently toss to combine. Let stand for 10 minutes. Season to taste with salt and pepper. Then add the basil and pine nuts and gently toss to combine. Transfer to a serving dish (es) and crumble goat cheese on top. Serve immediately. \* Thanks for the recipe Marylou Klene!

<http://www.thekitchn.com/summersaladrecipe-squash-rib-119479>

### **Sweet Zucchini Relish**

2 lb. zucchini, finely chopped  
1 large onion, finely chopped  
2 cups apple cider vinegar  
1 ¾ cup sugar  
2 tsp mustard powder  
1 tsp turmeric  
1-2 tsp crushed red Chile powder  
2 tsp masa harina or corn flour  
2 tsp coriander seed

Add the zucchini and onion to a stainless steel saucepan. Pour over the apple cider vinegar and stir to mix. Add the rest of the ingredients and stir over low heat until the sugar has dissolved. Bring to a boil, reduce the heat, and cook, stirring occasionally, for 40 minutes-1 hour or until the mixture has thickened. Ladle the relish into warm sterilized mason jars, leaving ¼ in headspace. Process in a boiling water bath for 40 minutes, then cover and seal. Allow the flavors to mature for 1 month and refrigerate after opening.

### **Curried Summer Squash Soup (Workshare Lunch)**

1 1/2 Tbls oil  
1 large onion, chopped  
1 garlic clove, minced  
1/2 tsp grated ginger  
1/2 tsp turmeric  
1/2 tsp cumin  
1/2 tsp ground coriander  
Little bit jalapeno, minced  
1 lb. squash, sliced thin  
2 1/2 cups water  
Cosmic veggies (beans, broccoli, carrot)  
Grated Lifeline Montana Jack Cheese  
1/2 lb. potato, chopped into pieces  
Chard, chopped in small pieces  
Rice or quinoa

Heat oil in pot over med heat. Add onions, mushrooms, garlic & ginger. Sauté 10 min. stirring often. Add spices and jalapeno, cook 2 min. Add water and bring to boil. Add veggies and salt. Cook partially covered for 30 min or until potato is tender. Puree 1/2 of soup. Serve over grains and top with cheese. \*adapted from Quick Vegetarian Pleasures

### **Creamy Zucchini- Cumin Dip**

2 med zucchini, grated  
2 t salt  
1 cup sour cream  
2 T onion, finely chopped  
1 T lime juice  
½ t ground cumin

Place grated zucchini in bowl, add salt & mix well. Transfer to colander and let drain 15-30 minutes. Put sour cream, onion, lime & cumin in a bowl. Stir until well combined. Season with salt, pepper & paprika to taste. Squeeze as much

moisture out of the zucchini as possible, add to sour cream mixture, and stir until thoroughly combined. Cover & refrigerate for at least 2 hours.

### **Zucchini Fritters**

1 lb. zucchini, grated  
1 t coarse or kosher salt, plus extra to taste  
2 scallions, split lengthwise and sliced thin  
1 large egg, lightly beaten  
Freshly ground black pepper  
1/2 cup all-purpose flour  
1/2 t baking powder

Preheat oven to 200 degrees. Toss zucchini with 1 t coarse salt and set aside for 10 minutes. Wring out the zucchini. Return zucchini shreds to bowl & add ¼ t of salt. Stir in scallions, egg and some freshly ground black pepper. In a small dish, stir together flour and baking powder, then stir the mixture into the zucchini batter. In a large heavy skillet heat 2 T of oil over medium-high heat until shimmering. Drop small bunches of the zucchini mixture onto the skillet only a few at a time so they don't become crowded and lightly nudge them flatter with the back of your spatula. Cook the fritters over medium high heat until the edges underneath are golden, about 3 to 4 min. Flip the fritters and fry them on the other side until browned underneath again, about 2 to 3 min more. Drain briefly on paper towels then transfer to baking sheet and then into the warm oven until needed. Repeat process, keeping the pan well-oiled, with remaining batter. Serve with your favorite oil. Make a double batch & freeze some winter. -Smitten Kitchen

### **Zucchini Orzo**

¾ lb. orzo, cooked, cooled and set aside  
1 chopped onion, chopped  
2-3 garlic cloves, minced  
3 zucchini, chopped  
Olive Oil for sauté  
Thyme  
Oregano  
¼ grated parmesan or any hard yellow cheese

Grate zucchini, sauté briefly with chopped onion and garlic until lightly golden. Add spices to zucchini mixture, stir thoroughly, and then remove mixture from heat. Combine with cheese and cooked orzo, salt to taste, serve cool or at room temperatures. -Animal, Vegetable, Miracle

**Zucchini Cakes** [\(Workshare Lunch\)](#) I am confident that I can speak on behalf of all the workshares that these Zucchini Cakes are a farm favorite! Years ago, Dale found this recipe in From the Cook's Garden cookbook. Now her cookbook falls open to this page. Every year the return workers start asking about these when the first rumors of squash surface. These are yummy plain, with yogurt dill sauce or tomato vinaigrette.

4 cups grated summer squash  
2 t fine sea salt  
4 eggs  
½ cup all-purpose flour  
4 T butter, melted  
1 T chopped basil  
¼ c olive or canola oil  
1 cup Lifeline Sharp Cheese

Toss squash in a colander with salt. Let the juices drain for 30 minutes. Preheat oven to 200 degrees. Beat eggs in medium bowl. Add squash, flour, melted butter & basil. Mix well then fold in cheese. Heat oil in skillet over med. Heat, using 1/4 cup for each cake, drop the batter in the skillet and cook until golden brown on one side and flip being careful as oil can splash. Cook 2nd side until golden brown. Keep warm on baking sheet in oven until all cakes have been cooked. Serve plain, with yogurt dill sauce or tomato vinaigrette.

### **Marinated Zucchini & Green Bean Salad**

1 lb. zucchini, trimmed  
1/2 lb. green beans, trimmed  
1 T fresh dill, finely chopped  
1/4 cup scallions, finely chopped 1 cup white mushrooms, sliced  
1/3 cup white wine vinegar  
1/3 cup olive oil  
Salt and freshly ground black pepper

Using a mandolin or a knife, julienne zucchini. Halve green beans lengthwise and again horizontally. (Zucchini and beans should be about the same size.) Blanch vegetables, drain, and transfer to a bowl. Add dill, scallions, and mushrooms. Toss with vinegar and oil, and season with salt and pepper. Refrigerate for at least 1 hour before serving. – Food 52

### **Summer Squash Au Gratin**

2 T butter  
2 medium zucchini, sliced crosswise 1/4 inch thick  
2 medium yellow squash, sliced crosswise 1/4 inch thick  
2 shallots, minced  
2 garlic cloves, minced  
Salt and ground pepper  
1/2 cup heavy cream  
1 cup panko  
1/2 cup grated Parmesan cheese

Preheat oven to 450. In a large skillet, melt butter over medium heat; add zucchini, yellow squash, shallots, and garlic. Season with salt and pepper. Cook, stirring occasionally, until zucchini and squash are crisp-tender, 4 to 6 minutes. Add cream, and cook until thickened, about 5 minutes. Remove skillet from heat; stir in 1/2 cup panko and 1/4 cup Parmesan. Spoon mixture into a shallow 2-quart baking dish. Sprinkle with remaining panko and Parmesan; season with salt and pepper. Bake until top is golden, 8 to 10 minutes. – Martha Stewart

### **Zucchini Parmesan Crisps**

2 medium zucchini  
1 T olive oil  
1/4 cup freshly grated Parmesan (3/4-ounce)  
1/4 cup plain dry bread crumbs  
Salt & pepper

Preheat the oven to 450 degrees. Coat a baking sheet with oil. Slice the zucchini into 1/4-inch thick rounds. In a bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately. – Food Network

### **Pickled Yellow Squash**

3 medium yellow squash, thinly sliced  
½ sweet onion, thinly sliced  
1 small green or red pepper, finely diced  
4 garlic cloves, finely diced  
¼ cup kosher salt  
½ T pickling spices  
1 T mustard seeds  
2½ cups apple cider vinegar  
¾ cup brown sugar  
1 T ground mustard

Combine squash, onions, peppers, garlic, and salt in a mixing bowl. Add a few ice cubes and enough cold water to just cover. Combine and set aside for 30 min. Rinse the vegetables well and place in a colander to drain. Meanwhile heat a small saucepan over low heat and toast the pickling spices and mustard seeds. When the spices are aromatic, add the vinegar, sugar, and ground mustard and bring to a boil. Remove from heat, stirring to make sure the ingredients are dissolved, and cool for 3 to 5 min. pat the vegetables dry with a towel and place in canning jars or an airtight container. Pour vinegar, spices, and seeds over the mixture and use a knife to push seeds and spices down around vegetables. Cover and refrigerate for up to one month. Strain from brine before serving. —adapted from the Kitchen

### **Zuccanoes**

4 med Zucchini, sliced lengthwise, scoop insides out  
Mince insides and set aside.

Olive oil

1 ½ cups onion, minced  
1 ½ cup cooked grains (quinoa, rice, or couscous)  
1 t salt  
½ lb. mushrooms, minced  
6 cloves garlic, minced  
1 ½ cups minced almonds or pecans  
3 T fresh lemon juice  
Black pepper and cayenne, to taste  
A few pinches of fresh herbs of your choice  
1 cup grated Lifeline Swiss or Cheddar Cheese

Sauté onion & salt until soft. Add minced squash insides and mushrooms. Let liquid evaporate, add garlic and remove from heat. Stir in rice, nuts, lemon juice, herbs of your choice, salt & pepper, and cayenne. Preheat oven to 350, fill zucchini shells w/mixture, top with cheese, & bake 30-40 min. -Moosewood Classic Suppers

### **Sautéed Summer Squash and Feta**

2 T. olive oil  
1/2 red onion, diced  
2 t. fresh thyme leaves  
2 c. diced summer squash,  
Salt and freshly ground black pepper  
1/4 cup crumbled Lifeline feta

Heat a large sauté pan over high heat for 2 min. Add the olive oil, red onion, and thyme. Sauté for about 1 min., until the onion is soft and then add the squash. Season with 1 t. of salt and a couple grindings of black pepper and cook for about

4 to 5 min., until the squash is tender and has a little color. Scoop the squash into a serving bowl and scatter over the crumbled feta. Serve immediately.

**Tomato Basil Zucchini Boats Recipe** This recipe also works well with yellow summer squash and or the nice little round variety of zucchini.

4 medium sized zucchini

¼ c. olive oil

1 yellow onion, chopped

2 cloves garlic, minced

1 med. tomato, coarsely chopped

3 T. shredded fresh basil

¾ c. bread crumbs

Salt and pepper to taste

8 ounces fresh mozzarella cheese, cut into small dice

1/3 c. freshly grated parmesan cheese

Trim and discard the squash ends. Cut in half lengthwise and using a melon baller or small ice cream scoop carve and reserve the center meat of the squash creating a uniform well or boat with about a 1" thick shell. Coarsely chop the inside meat and heat the olive oil in a medium sized sauté pan. Add the onion and sauté until tender and just beginning to color. Add the chopped zucchini and garlic and continue to sauté until tender and fragrant, 3-5 min. Transfer to a med. sized bowl to cool. Arrange zucchini boats in a baking pan large enough to accommodate all in a single layer. Sprinkle each with a pinch of salt. Combine the tomato, basil, bread crumbs and mozzarella, toss to combine and season to taste with salt and pepper. Spoon the mixture into the zucchini boats, dividing evenly and packing lightly. Sprinkle with the parmesan cheese and drizzle with a bit of additional olive oil. Bake in the oven until the zucchini is very tender and topping lightly browned, 35 to 40 minutes. Serve hot with rice pilaf for a main course.

### **Cheesy Squash**

2 lbs. Summer squash

1 green bell pepper, seeds removed and sliced

2 smallish or 1 large tomato, peeled and cut into wedges

½ onion, sliced

1 clove garlic, chopped

Olive oil

5-6 slices Lifeline Jack or Cheddar cheese

Basil

Salt and pepper

Put onion, garlic, squash, bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle either dried basil or chopped fresh basil on the vegetables. When vegetables are slightly browned, remove from heat, add the slices of cheese, and cover the pan. In a separate fry pan, put the tomatoes and cook at medium hi heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste.

### **Grilled Summer Squash**

Preheat a grill to medium-high. Toss 1 ½ lb. Sliced summer squash and 1 sliced onion (optional) with olive oil, salt and pepper. Grill 3-5 min. per side. Remove from grill. Toss with more olive oil and any of the following: lemon zest +/- juice, chopped parsley, mint, ricotta cheese, feta, thyme, basil.

### **Zucchini, Eggplant, Green Beans and Tomatoes!**

3- 4 large tomatoes, stem end removed

Olive oil

1 med. onion, cut in half and sliced

1 med-large zucchini squash, sliced

1 med. Japanese eggplant, sliced

4 cloves garlic, sliced thin

Salt and Pepper to taste

1 handful of green beans cut into 2-inch lengths

Chicken broth, if needed

Fresh oregano leaves and flowers- Fresh oregano is preferred for this recipe, and if you have it in your garden, be sure to use the flowers. Dried oregano may also be used.

Fresh thyme springs

Pinch saffron

Several shakes of Zatar (optional)-Zatar is a popular spice/herb blend of the Middle East and is used in many Turkish dishes. Crushed Sumac is mixed with thyme leaves, salt, and sesame seed creating a flavorful tabletop condiment. Boil water and pour over tomatoes. Let sit a few minutes until you can easily peel off the skins. Cut into quarters and set aside. To a large sauté pan, add olive oil and onion, sauté over med-high heat until onions begin to soften. Add zucchini, eggplant, garlic and green beans, and sauté. Add salt at this time as it helps to release juices from the vegetables. Note: If the vegetables seem dry, add a little chicken broth. Place lid askew on pan and let the mixture cook until almost softened. Add the peeled tomatoes, oregano, thyme, saffron, and Zatar; toss well, replace lid, and turn heat to low and finish cooking. Taste for seasoning and correct to your taste. If desired, drizzle a little more olive oil over vegetables prior to serving.

**Easy Zucchini, Butter and Dill** I love this recipe because it has my two favorite words for recipes in the title, “easy” and “butter”.

2 Med. zucchini, unpeeled

2 T. melted butter

Fresh dill, minced

Cut zucchini lengthwise in half; cook in about an inch of boiling, salt water for 12 minutes, or until tender. Drain zucchini; brush with melted butter and sprinkle with dill.

### **Eggplant, Zucchini and Fennel Casserole**

2 small eggplants

4 small zucchini

¼ c olive oil

2 med. onions, finely sliced

3 cloves garlic, minced

4 green peppers, cored and sliced into strips

2 c. chopped tomatoes

1 fennel bulb, sliced fine, fronds chopped

2 T. chopped, fresh basil

Salt and pepper

Wash and dry the eggplants. Cut off stems and discard, but do not peel. Cut into thin slices. Wash and dry the zucchini. Cut off stems and slice zucchini thinly. Preheat the oven to 350°. In a large skillet heat 2 T. oil and sauté the eggplant

slices. Repeat with the zucchini and set aside. Add more oil and sauté onion and garlic for 5 min. Add peppers, fennel, tomatoes and basil and cook over me. Heat for 5 min. In an ovenproof dish arrange a layer of eggplant, then zucchini. Add some of the tomato mixture season with salt and pepper. Repeat layering until all the ingredients are used. Cover with foil and bake for 1 hour.

### **Farm Curry** by Dale (Workshare Lunch)

1 onion, chopped  
3 cloves garlic  
1 tbsp. fresh ginger  
1 tsp. Chili paste  
1 tbsp. vegetable oil  
1/2 tsp turmeric  
1/2 tsp coriander  
1 tsp cumin  
1 tsp curry  
1 can coconut milk  
1/2 tsp salt Collards (sliced)  
Beans (chopped)  
Zucchini (sliced)  
Tomatoes (chopped)  
Basil (minced)  
Bok Choy (chopped)  
Snow Peas (De-stringed)  
Rice Noodles (prepared as on package)

Process the onion, garlic, ginger and chili paste in food processor until smooth. In a large skillet, heat oil. Add the onion mixture and turmeric, coriander, cumin and curry. Allow to cook for a minute or two, stirring frequently. Add the zucchini, collards, beans, snow peas, bok choy and the coconut milk and stir well. Season generously with 1/2 teaspoon salt, or to taste. Cover and allow to cook for at least 20 minutes, or until veggies are tender. Add tomatoes; cook long enough to heat them. Serve over Rice noodles with basil on top!

**Summer Sauté over pasta!** (Workshare Lunch) Summertime comfort food. You can go lighter on the butter or substitute olive oil if you want. I have milk cows...so I LOVE butter.

Garlic (minced)  
Shitakes (destemmed and chopped, optional)  
Beans (chopped)  
Peas (destringed)  
Turnips (sliced)  
Summer Squash (sliced thin)  
Tomatoes (Chopped)  
Kale (chopped) Pepper  
Oregano (destemmed and minced)  
Sea Salt  
Pasta  
Cosmic Apple Butter

Boil water and get your favorite pasta cooking. I like to use Penne for this one. Heat some butter in a skillet. Add garlic and stir for a minute, or until it becomes fragrant. Add mushrooms and cook for 5- 10 minutes. Add Squash, Turnips,

beans, peas and Kale cook for 5 minutes or until veggies are bright green and squash and turnips are cooked. Throw in a big chunk of butter to melt. Combine veggies from skillet, hot drained pasta, oregano, tomatoes, salt and pepper.

**Pesto with Quinoa and Veggies!** (Workshare Lunch) A traditional meal, a bit lighter. With all the sunflowers coming in, I can make big batches of pesto when I have time, and quickly make fresh quinoa and veggies for each meal.

Make quinoa and sauté: Peas, Green beans, Peppers, and summer squash in

Butter or olive oil. Toss with pesto, quinoa and tomatoes! Serve with some grated Lifestyle mozzarella and sunflowers on the table!

### **Zucchini Creole with tomatoes and peppers**

¾-1# summer squash

1 tomato chopped

4 oz. Mushrooms

½ green pepper, sliced in thin strips

1 garlic clove, minced

2 t. fresh basil, minced

½ T. melted butter ¼ t. salt

¼ t. pepper ¼ t. sugar

¼ t. Worcestershire sauce

Combine zucchini, mushrooms, green pepper, garlic, basil, butter, salt, pepper, sugar, and Worcestershire sauce in a large skillet over medium heat; cook for 5 minutes. Add tomatoes and cook for 5 minutes longer, or until tender. Serves 4.

### **Grilled Summer Squash** (Farm Family Favorite)

1 summer squash

Olive oil

Sea salt

Quarter squash lengthwise. Coat in olive oil. Sprinkle with salt. Grill until cooked. A great appetizer!!

### **Zucchini with Garlic and Tomatoes**

2 T. olive oil

1 clove minced garlic

2 T. finely chopped onion

1 chopped tomato

1 ½ pounds summer squash, in

¼" thick rounds

2 T. chopped Basil

Salt and pepper to taste

2 T Bread crumbs

3 T. grated Parmesan

Heat oil in skillet. Add garlic and onion, cook 3 min. Add tomato, stir often, cook for 5 min. Blanch squash 3 min. in boiling H<sub>2</sub>O with salt. Drain well Add squash, basil, salt and pepper to skillet. When heated through, transfer to serving dish. Sprinkle with bread crumbs and cheese. Serve over rice or with fish! From "A Diet for All Seasons" by Elson Haas, M.D.

### **Pasilla Zucchini**

About a pound to pound-and-a-half zucchini or summer squash, grated

1/2 yellow or white onion, quartered and very thinly sliced

2-4 cloves finely minced garlic or garlic curls

1-2 Pasilla Chiles (or Anaheim, etc....), roasted, peeled and seeded, cut into thin strips, or one can of fire-roasted green chiles, diced or chopped

1 cup chopped fresh ripe tomato, about 2-3 small ones or one large

2 Tablespoons vegetable oil

2 eggs, separated; yolks whisked and whites beaten to stiff peaks

¼ cup light or heavy cream, half and half or whole milk, your choice

1- 1.5 cups grated cheese such as Lifeline Montana Jack or Pepper Jack

Salt and pepper to taste

Sour Cream, Crema Mexicana, lime wedges, chopped cilantro, crumbled Cotija, thinly sliced scallions, Pico de Gallo, etc., to garnish

In a large skillet, heat the vegetable oil over medium and sauté the onion and garlic until the onion wilts and begins to turn golden brown. Add the chiles and grated zucchini and sauté until whole mixture wilts and begins to turn golden. Add the tomatoes, stir, and remove from heat. Allow to cool to room temperature. Mix in the whisked egg yolks, cream and sautéed mixture. Fold in the stiffly-beaten egg whites and spread into a well-greased casserole dish. Bake at 25 minutes at 375\*, then top with the grated cheese and bake another 10 minutes. Serve hot or warm

**Zucchini-Basil Muffins** Thanks to my friend Deb for sending this, and the Junior League of Santa Barbara for giving us this lovely recipe. –Newsletter writer Chris Pennick

2 large eggs, well-beaten

¾ cup whole milk

2/3 cup vegetable oil

2 cups all-purpose flour

¼ cup sugar

1 tablespoon baking powder

1 teaspoon sea salt

2 cups coarsely shredded zucchini

2 tablespoons fresh basil, minced

¼ grated Parmesan cheese

Beat eggs, milk and oil together. Combine all dry ingredients and blend, just until moistened, with the egg, oil and milk.

Fold in the zucchini and the basil. Fill greased muffin cups about ¾ full and sprinkle the tops with the grated Parmesan cheese. Bake at 425\* for about 20-22 minutes, or until golden brown on top. Cool and turn out of muffin tin. Serve warm or at room temperature with herb

## Desserts:

### Zucchini Chocolate Chip Cookies

Combine in large bowl:

1 egg, beaten

½ cup butter, softened

1.2 cup brown sugar

1/3 cup honey

1 T vanilla

Combine in separate bowl:

1 cup white flour

1 cup whole wheat flour

½ t baking soda

¼ t salt

¼ t cinnamon

¼ t nutmeg

Blend into liquid mix. Fold in 1 cup finely shredded zucchini and 12 oz. chocolate chips.

Drop by spoonful onto greased cookie sheet, flatten with back of spoon. Bake at 350 degrees for 10-15 min. Enjoy!

