



**Summer Squash has edible flowers! Batter them, stuff them, or use them as a pretty salad garnish!**

**ADD ZEST TO YOUR SQUASHES WITH FRESH HERBS AND OTHER DRIED SEASONINGS!**

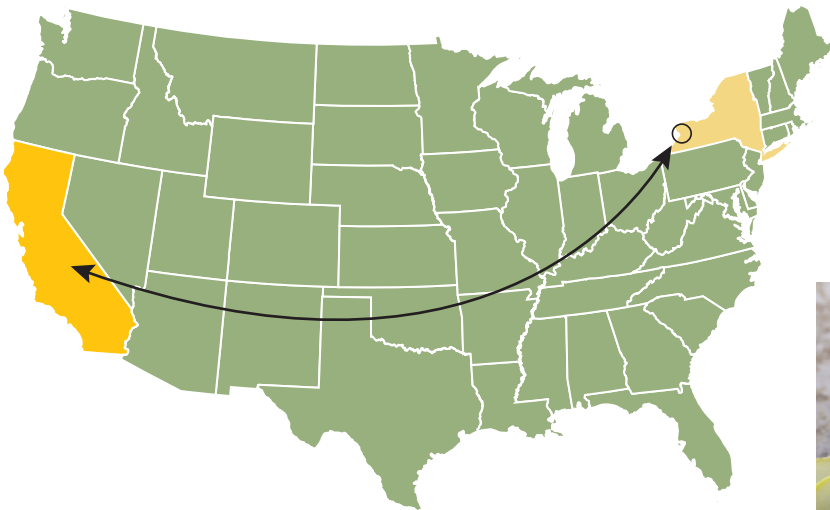
**SUMMER SQUASH IS FAT-FREE AND SODIUM-FREE, BUT HIGH IN VITAMIN**

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**MAKE CHIPS! SLICE SUMMER SQUASH VERY THIN AND BAKE WITH A BRUSH OF OLIVE OIL AND A LITTLE SALT!**

**WITH CALIFORNIA ACCOUNTING FOR MOST OF THE NATION'S PRODUCTION, SQUASH MUST TRAVEL ABOUT 2656 MILES TO REACH BUFFALO.**

**OUR NEW YORK STATE SQUASH ONLY HAVE TO TRAVEL 90 MILES TO REACH THE CAFETERIA!**



**SUMMER  
SQUASH IS  
DELICATE,  
SO HANDLE  
WITH  
CARE!**

**Make it savory! Use Summer Squash in  
“Squash Parm” like eggplant!**

**DON'T FORGET, YOU CAN EAT  
SUMMER SQUASH RAW & COOKED!**

