



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!

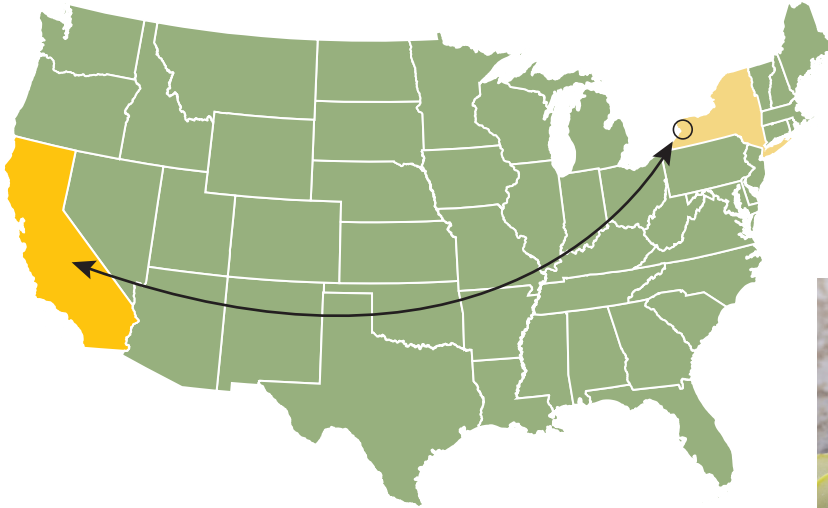
SUMMER SQUASH IS FAT-FREE AND SODIUM-FREE, BUT HIGH IN VITAMIN

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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!**