

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

~ Jim Davis ~

Summer Squash

Summer squash is part of the *Cucurbita pepo* family, which also includes cucumber, pumpkin, watermelon and winter squash. Summer squashes are eaten when they are immature and tender-skinned, unlike their winter squash counterparts which are eaten when they are further along their growing pattern.

Squash are native to the Americas and archeologists have located seeds in Mexican caves that suggest the summer squash was first cultivated about 10,000 years ago.

The word "squash" originally comes from the Narragansett nation who called it "askutasquash" which means "raw or uncooked". The Spanish brought them back to Europe and called them "calabacitas." In Italy, the large ones were called "zucca" and the small ones were "zucchini." That name stuck in the United States.

Squash is a low-calorie food item and it contains vitamins B-2, B-6 and C as well as fiber. We grow a few varieties of squash – yellow golden glory, raven green, patty pans and also the green and yellow zephyr squash. Enjoy them!



This week's CSA share contains:

Kale
Napa Cabbage
Carrots
Turnips
Fava Beans
Green Garlic
Swiss Chard
Radishes
Summer squash



Sautéed Napa Cabbage with Summer Squash, Garlic and Turnips

Time to Make: 45 minutes

Servings: 2-3



Ingredients

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|--|-------------------------|
| 1 medium head of cabbage, thinly chopped | 3 cloves garlic, minced |
| 1 Tbsp. Olive oil | 1 Tbsp. butter |
| 1 tsp. salt | ½ tsp. pepper |
| 1 Tsp. apple cider vinegar | 3 summer squash, diced |
| 1 bunch turnips, diced | 1 Tbsp. curry powder |
| 1 Tbsp. turmeric | |

Directions

1. Chop your napa cabbage up into thin strips – a good size to eat in one bite!
2. In a large skillet over medium heat, add in the butter and olive oil. Once hot, add in the garlic and sauté for 3 minutes. Add in the squash and turnips and cook for a few minutes until they start to get soft. The smaller the pieces, the quicker they will cook.
3. Add the cabbage and season with salt and pepper. Sauté for 10-12 minutes, stirring a few times, until it is tender.
4. Stir in the vinegar and serve. Season with salt and pepper, or even some more curry and turmeric if you want it to have more of a kick.
5. You can add cooked chicken, tofu, fava beans or other beans to this meal. And you can serve it with your choice of grain too.