

Recipe: Garlicky Summer Squash and Fresh Corn

Serving Size: 1/6 of recipe; Yield: 6 servings; Calories per Serving 110

Ingredients:

2 tablespoons olive oil
1/2 yellow onion, sliced
4 cloves garlic, minced
1/2 cup vegetable or chicken broth
1 ear corn, kernels cut from cob
2 cups sliced yellow squash
2 cups sliced zucchini
1 tablespoon chopped fresh parsley
2 tablespoons butter
Salt and pepper to taste

Instructions:

1. Heat the oil in a skillet over medium-high heat, and cook the onion and

garlic until slightly tender. Mix in the broth and corn kernels, and cook until heated through. Mix in the squash and zucchini. Cover and continue cooking 10 minutes, stirring occasionally, until the squash and zucchini are tender.

2. Mix the parsley and butter into the skillet with the squash. Season with salt and pepper. Cook and stir until butter is melted, and serve hot.

Source: www.allrecipes.com

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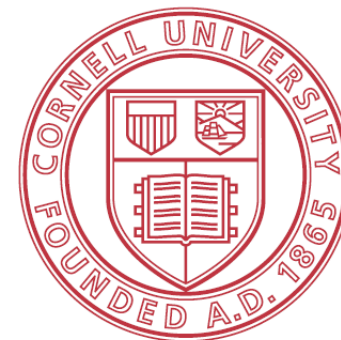
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Vegetable Growing Guide: Summer Squash

Cornell Cooperative Extension Clinton and Essex Counties

Summer Squash Facts

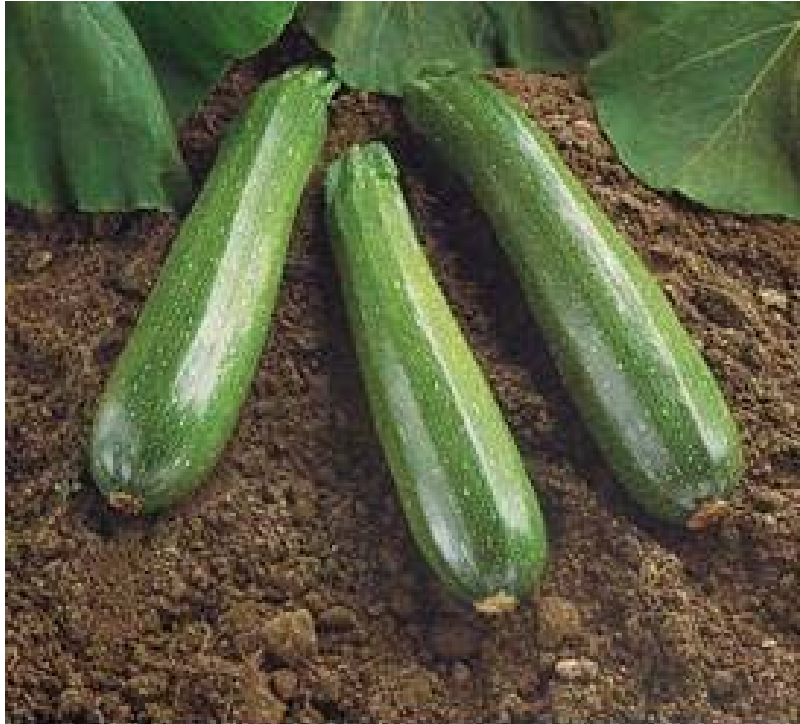


Recommended Varieties:

- Fortune
- Seneca
- Gold rush
- Multipik
- Butter Scallop
- Peter Pan
- Sunburst

Easy to grow, summer squash, comes in a variety of shapes and colors and is native to North America. Most summer squash are compact vine or bush varieties that take up relatively little space, and if kept picked will keep producing right up to frost. Squash flowers can be battered and fried or stuffed. Summer squash is suitable for edible landscaping.

How to Plant



Squash like warm soil and are very sensitive to frost. So wait until danger of frost has passed and soil has warmed to at least 65° F, or about 2 weeks after the last frost date. Plant in a full sun location. Direct seed 1/2 to 1 inch deep into hills, 4 to 5 seeds per hill. Space hills 3 to 4 feet apart. When the plants are 2 to 3 inches tall, thin to 2 to 3 plants per hill by snipping off unwanted plants to avoid disturbing the roots of the remaining ones. Summer squash seeds are viable for 6 years, and should germinate in 5 to 10 days depending on soil temperature.

Pests and Diseases

Young summer squash plants are susceptible to small, yellow-striped or spotted and elusive cucumber beetles. To control early beetles place light fabric tents or row covers over plants when they are first set outside, but remember to remove these before flowering. Squash vine borers and squash bugs can be removed by hand. Adequate spacing with good air circulation is the best control for mildews, wilts, fungus, and viruses that affect vines later in the season. Keep plants healthy with fertile soil and adequate moisture. Always destroy diseased vines after harvest, and avoid planting vine crops in the same garden 2 years in a row.



Maintenance and Care

Summer squash prefers well-drained, fertile, loose garden soil high in organic matter. Plentiful and consistent moisture is needed from the time plants emerge until fruits begin to fill out. Mulching plants helps retain moisture and suppress weeds. To hasten first harvest by as much 2 weeks, use black plastic mulch to warm soil before direct seeding or transplanting. Early fruits are sometimes wrinkled, turn black or rot due to poor pollination.



Harvest and Storage

Summer squash is best when harvested small, young and tender. Skin should be easily penetrated with the thumbnail.



Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.