

SDSU

Extension



# Squash

In season:



Summer & Fall

*Dakota: Wagmu*

*Lakota: wagnú*

## Pick it!

Winter squash have hard skin and fleshy inside, should be heavy, free of spots.

To cure winter squash after picking: hold at 70-80 degrees for 10-20 days, and then remove to a dry place at 45-50 degrees. Store up to 6 months.

Summer squash should be young and tender.

Refrigerate summer squash unrinsed in a plastic bag. Use within 2-3 days.

## Try it!

Often cooked but some summer squash is eaten raw with dip or in salad.

Cook by steaming, sautéing, grilling, microwave, or baking. Add to stir fry, soup, or casseroles. Bake in bread, cakes and pies.

Cut winter squash in half and remove seeds. Place unpeeled pieces cut side down on a shallow baking sheet.

Winter squash is done when it pierces easily with a fork; 30 minutes or more. Spoon out the soft flesh and blend.



## Types of Squash

**Summer Squash:** Zucchini and crookneck are the most common, the rinds and seeds can be eaten.

**Winter Squash:** Pumpkin, butternut, acorn, and spaghetti squash, have a hard rind and seeds that are not eaten.



## Did you know...

Beta-carotene found brightly colored fruits and veggies, used to make Vitamin A, a nutrient important for vision, immune function, skin and bone health.

## Like it!

### Zucchini Carrot Bread

#### Ingredients

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- 1 egg, lightly beaten
- ½ cup canola oil
- 1 cup grated zucchini
- ½ cup grated carrots
- ½ cup chopped walnuts or pecans

#### Directions

Stir together dry ingredients. In another bowl, beat egg; add oil, zucchini and carrots. Mix well. Add zucchini mixture nuts to flour mixture. Stir until all flour is blended. Scrape into a well-greased 9-inch bread pan. Bake at 375 degrees F for 50 minutes. Remove from oven. Cool in the pan 5 minutes, and then turn out onto a plate.

Yield one 9-inch loaf

Nutrition Facts per Serving:  
Calories 270; Fat 1g; Sodium 20mg; Carbohydrates 33g;  
Fiber 1g; Sugars 19g; Protein 3g

Sources: <http://urbanext.illinois.edu/veggies/squash.cfm>

### Three Sisters Salad

#### Ingredients

- 1 – 15 oz. can low-sodium or no salt added beans such as black, kidney, or garbanzo beans
- 1 – 11 oz. can corn with red and green peppers drained or 1-cup fresh or frozen corn, thawed
- 1 small zucchini chopped
- 1 Tablespoon chopped cilantro
- 2 Tablespoons lime juice about ½ lime
- 1 Jalapeno seeds removed and finely chopped (optional)

#### Directions

Open the can of beans. Drain and rinse beans and pour into a medium bowl. Add corn, zucchini, cilantro, lime juice, and jalapeno. Stir to combine. Serve right away or refrigerate for later.

Makes 4 servings

Nutrition Facts per Serving:  
Calories 220, Fat 16g; Sodium 331mg; Carbs 43g; Fiber 13g; Sugars 16g; Protein 11g

Sources: <https://eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XR5UZ-hKhPY>

### Dakota Perspective (Squash)

*Dakota Name: Wagmu*

Very versatile plant that grew wild here and was somewhat domesticated by tribes who planted. The seeds were roasted and eaten; the flesh could be dried for later use in soups or eaten fresh. The dried shell of the squash was used to hold water, make toys, utensils, tools and storage, very nutritious.

*Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.*

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