

Squash

In season:



Summer & Fall

Dakota: Wagmu

Lakota: wagnú

Sampling Display Instructions

Zucchini Carrot Bread

Ingredients	20 Samples	40 Samples
Samples: 1/2 of 3/8 in slice		
All-purpose flour	1 1/2 cups	3 cups
Sugar	1 cup	2 cups
Baking powder	2 teaspoons	4 teaspoons
Baking soda	1 1/2 teaspoons	1 Tablespoon
Salt	1/4 teaspoon	1/2 teaspoon
Ground ginger	1/4 teaspoon	1/2 teaspoon
Egg lightly beaten	1 egg	2 eggs
Canola oil	1/2 cup	1 cup
Grated zucchini	1 cup	2 cups
Grated carrots	1/2 cup	1 cup
Chopped walnuts or pecans	1/2 cup	1 cup

Directions:

In large mixing bowl stir together flour, sugar, baking powder, salt and ginger. Set aside. In a medium bowl, beat the egg, add oil, zucchini and carrots. Mix well. Add the zucchini mix, nuts to flour mix. Stir only until all flour is blended. Do not over mix or bread will be dry and chewy. Scrape batter into a well-greased 9-inch bread pan in a preheated 375 degrees F oven for 50 minutes. Remove from oven and cool bread in pan 5 minutes, then turn out onto a rack or plate. Serve warm or cool. Makes one 9-inch loaf.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Recipe video (optional) <https://youtu.be/Ru4qi2c3zeA>
- Pick it! Try it! Like it! produce sign as table tent
- Pick it! Try it! Like it flyer or recipe card
- Food allergy sign on table

Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place a few samples at a time in small plastic or paper cups. Provide spoons. Ask parent's permission before children sample.
- Prepare Zucchini Carrot Bread. Transport in an airtight container and place in a cooler.
- Ask if they use squash often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers can be frozen.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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