



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Squash

Dakota: Wagmu

Lakota: wagmú



Pick it!

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

Try it!

Cook by
steaming,
sautéing, grilling.
Add to stir-
fries, soups and
casseroles.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdsu.edu.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Squash

In season:



Summer and
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, microwaving or baking. Add to stir-fries, soups or casseroles. Bake in breads, 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 is found in bright colored fruits and veggies. It is 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 zucchini, grated
- ½ cup carrots, grated
- ½ cup walnuts or pecans, chopped

Directions

1. Preheat oven to 375 degrees F.
2. Add dry ingredients to a bowl and mix. In a different bowl, add egg, oil, zucchini and carrots.
3. Add wet mixture into the dry mixture until flour is blended. Mix in nuts.
4. Pour mixture in a well-greased 9-inch bread pan.
5. Bake for 50 minutes. When done baking, cool pan for 5 minutes then turn bread out onto a cooling rack.

Yields one 9-inch loaf

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

Sources: extension.illinois.edu/gardening

Three Sisters Salad

Ingredients

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

Directions

1. Drain and rinse beans and corn.
2. Add beans, corn, peppers, zucchini, cilantro, lime juice and jalapeno. Stir to combine.
3. Serve right away or refrigerate for later.

Yields 4 servings

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

Sources: 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 translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-35

© 2024, South Dakota Board of Regents



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Squash

Dakota: Wagmu

Lakota: wagnú

- Winter squash have hard skin and fleshy insides, should be heavy, free of spots.
- Refrigerate summer squash unrinsed in a plastic bag. Use within 2-3 days.
- Some summer squash is eaten raw with dip or in salad.
- Cook by steaming, sautéing, grilling, microwaving or baking. Add to stir-fries, soups and casseroles. Bake in breads, cakes and pies.
- Cut winter squash in half and remove seeds. Cook until it can be pierced easily with a fork; 30 minutes or more.

**Find more recipes
and videos at
extension.sdstate.edu**

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

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 zucchini, grated
- ½ cup carrots, grated
- ½ cup pecans or walnuts, chopped

Directions

1. Preheat oven to 375 degrees F.
2. Add dry ingredients to a bowl and mix. In a different bowl, add egg, oil, zucchini and carrots.
3. Add wet mixture into the dry mixture until flour is blended. Mix in nuts.
4. Pour mixture in a well-greased 9-inch bread pan.
5. Bake for 50 minutes. When done baking, cool pan for 5 minutes then turn bread out onto a cooling rack.

Yields one 9-inch loaf

Nutrition Facts per Serving:

Calories 270; Fat 1g; Sodium 20mg; Carbohydrates 33g; Fiber 1g; Sugars 19g; Protein 3g

Sources: extension.illinois.edu/gardening

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 cilantro, chopped
- 2 Tablespoons lime juice about ½ lime
- 1 jalapeno, seeds removed, chopped

Directions

1. Drain and rinse beans and corn.
2. Add beans, corn, peppers, zucchini, cilantro, lime juice and jalapeno. Stir to combine.
3. Serve right away or refrigerate for later.

Yields 4 servings

Nutrition Facts per Serving:

Calories 220, Fat 16g; Sodium 331mg; Carbs 43g; Fiber 13g; Sugars 16g; Protein 11g

Sources: eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XRsuZ-hKhPY

Dakota word translated by a member of Hunkpati Dakota
Lakota word translated by Jeshua Estes



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Squash

In season:



Summer and
Fall

Dakota: Wagmu

Lakota: wagnú

Sampling Display Instructions

Zucchini Carrot Bread

Ingredients	20 Samples	40 Samples
Samples: $\frac{1}{2}$ of $\frac{3}{8}$ in slice		
All-purpose flour	1½ cups	3 cups
Sugar	1 cup	2 cups
Baking powder	2 teaspoons	4 teaspoons
Baking soda	1½ teaspoons	1 Tablespoon
Salt	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon
Ground ginger	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon
Egg lightly beaten	1 egg	2 eggs
Canola oil	$\frac{1}{2}$ cup	1 cup
Grated zucchini	1 cup	2 cups
Grated carrots	$\frac{1}{2}$ cup	1 cup
Chopped walnuts or pecans	$\frac{1}{2}$ cup	1 cup

Directions:

1. Preheat oven to 375 degrees F.
2. Add dry ingredients to a bowl and mix. In a different bowl, add egg, oil, zucchini, and carrots.
3. Add wet mixture into the dry mixture until flour is blended. Mix in nuts.
4. Pour mixture in a well-greased 9 inch bread pan.
5. Bake for 50 minutes. When done baking, cool pan for 5 minutes then turn bread out onto a cooling rack.
6. Once cooled, cut into $\frac{3}{8}$ -inch slices and then cut in $\frac{1}{2}$. Transfer to airtight container for transport.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtu.be/97KZGf_uqYk?si=TLvnYBMhdIMNNuot



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Place a few samples out at a time on small plates. Ask parent's permission before children sample.
- 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.

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-35

© 2024, South Dakota Board of Regents



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Squash

In season:



Summer and
Fall

Dakota: Wagmu

Lakota: wagnú

Sampling Display Instructions

Three Sisters Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons			
Beans (black, kidney or garbanzo)	11 ounces	15 ounces	22 ounces
Corn	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
Zucchini, chopped	$\frac{1}{2}$	1 small	2 small
Cilantro, chopped	2 $\frac{1}{4}$ teaspoons	1 Tablespoon	1 Tablespoon, 1 $\frac{1}{2}$ teaspoons
Lime juice	1 Tablespoon, 1 $\frac{1}{2}$ teaspoons	2 Tablespoons	3 Tablespoons
Jalapeno, seeds removed and finely chopped (optional)	$\frac{1}{2}$	1	2

Directions:

1. Carefully open the canned beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice and jalapeno. Stir to combine.
3. Stir to combine. Serve right away or refrigerate for later.
4. Transfer to an airtight container, transport in cooler over ice.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
[youtube.com/playlist?list=PLlIdb7IZYqI_WYg_nH3tCtQgNv0DcsstO](https://www.youtube.com/playlist?list=PLlIdb7IZYqI_WYg_nH3tCtQgNv0DcsstO)



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Place a few samples out at a time in small cups. Provide spoons. Ask parent's permission before children sample.
- Ask if they use squash often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers should be refrigerated and eaten within 2-3 days.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-35

© 2024, South Dakota Board of Regents