

Try Me!

Squash

This month's "Try Me" recipe is Golden Summer Squash & Corn Soup. Try it yourself! Get this recipe on SU Food Services Facebook or foodservices.syr.edu

Fun Facts:

- Even though we don't eat our squash uncooked, its name comes from the Narragansett Native American word askutasquash, which means, eaten, raw, or uncooked.
- Squash is one of the oldest known crops, some estimates date back to 10,000 years in some places in Mexico. Since squashes are gourds, they most likely served as containers or utensils because of their hard shells. The seeds and flesh later became an important part of the pre-Columbian Indian diet in both South and North America.
- American Indians shared many varieties of squash with the European settlers, who took the seeds back to their countries. Today, squash and pumpkins are grown all over the world, and are widely popular in many Eastern European countries.
- Squash is officially a fruit and the smaller the squash, the more flavorsome it will be.
- George Washington, the first US President, loved to grow squash. There are two different varieties of squash, winter and summer. The skin of the winter squash is inedible.
- Summer squash are generally divided into four groups—crookneck, zucchini (green and yellow), straightneck, and scallop (pattypan).



Types of Squash:

- Banana:** This large vegetable averages 20" long and weighs 12lbs. It is so big that it is often sold in chunks instead of whole. This is grown in Florida.
- Hubbard:** This is the largest of the squash family, ranging with some of its varieties weighing in at 50lbs. Because of their size, they have become unpopular.
- Buttercup:** This squash is best steamed to combat its dry texture. The flavor is similar to honey roasted chestnuts and sweet potato.
- Spaghetti:** This is most popular for making a vegetable spaghetti. Pick a larger vegetable for the best taste and nice thick strands.
- Butternut:** This is very popular because of its size and the skin is easy to peel with a vegetable peeler.
- Delicata:** This is a moist, mild tasting squash. The outer shell is ivory with green and orange streaks.
- Acorn:** This dark green squash is widely available and is very popular. Cut it in half and bake it to bring out its flavors.
- Sweet Dumpling:** This variety looks like a smaller version of the Delicata. It is the perfect serving for one person. It is about the size of an apple. The pale-yellow flesh is fine and dry as a potato. It has a light sweetness with a slight corn flavor.

The shell for each type of squash has a distinct shape and color, but the meat inside is similar enough to be used interchangeably in recipes.

Summer squash is high in vitamins A and C, and niacin.

MEATLESS MONDAY