**Gardening Tips**

- Summer squash need full sun and plenty of room to grow. Some varieties can be successfully grown in containers or trained to grow up a trellis to take up less space in small gardens.
- They appear in many different shapes and colors. Types of summer squash typically grown in Louisiana include yellow crookneck, yellow straightneck, zucchini, and scallop (also known as patty pan).
- Don’t waste male squash blossoms by leaving them in the garden. If you do not have the time or inclination to prepare them separately, toss them in a bowl of salad or add to any squash preparation.

**Make It**

**Baked Zucchini Chips**

**Ingredients:**
3 small zucchini, thinly sliced  
2 Tbsp extra virgin olive oil  
Salt and pepper to taste

**Directions:**
1. Preheat oven to 300°F. Lightly mist baking sheet with cooking spray.  
2. Slice zucchini into 1/8–1/4-inch think rounds.  
3. Toss zucchini with olive oil to coat evenly and spread zucchini in baking sheet in a single layer.  
4. Sprinkle on salt and pepper.  
5. Bake zucchini rounds until browned and crisp, about 25 to 30 minutes, flipping over halfway through.  
6. Check the chips often as cooking times may vary. Rotate the chips around the baking sheet if needed.  
7. Once crisp and browned, let cool and store at room temperature. Enjoy the same day for the best crunch!

**Squash Hunger**

- Zucchini plants grow very well and, with any luck, you will have enough squash to share with your neighbors.
- Try eating summer squash raw or cooked in pasta salads, baked into zucchini chips, or cut into sticks or rounds to eat with your favorite dip.
- Tiny baby squash can be used as appetizers or left whole and sautéed with other vegetables.
- Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes.
- They mix well with onions, tomatoes, and okra in vegetable medleys. Summer squash can be used interchangeably in most recipes.

**Did You Know?**

Summer squashes are a good source of vitamin C and contain manganese, potassium, and vitamin B6. Manganese is critical to the formation of bones and keeping your skeleton healthy.

For more information on Louisiana Harvest of the Month, visit [www.SeedstoSuccess.com](http://www.SeedstoSuccess.com)

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