

# Louisiana

## HARVEST *of the* MONTH



# Summer Squash

### Fun Facts About Summer Squash!

- Instead of using pasta, try making “zoodles” by spiralizing zucchini or using flat strips of squash for lasagna.
- Summer squash matures quickly, so be sure to harvest when they are small and tender.
- Try raw summer squash in a salad or with vegetable dip!

### Summer Squash Is Nutritious and Good for You!

- Excellent source of vitamin C.
- Good source of vitamin B6 and manganese.
- Low in calories.



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