

# *Eating Local and Seasonal: Summer Squash*

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June to October is the season of summer squash. Their versatility makes them a perfect match for all sorts of light summer dishes. Learn more about the summer squash varieties in Ontario and ways to include them in your summer cooking this year!

*Summer Squash Varieties* - In Ontario, there are four main varieties of summer squash - Summer Crookneck, Pattypan, Vegetable Marrow, and Zucchini.

**Summer crooknecks** (image: bottom left) are long and yellow. The skin can be smooth or have a pebbled texture. Its name comes from its appearance, however some varieties actually have no crook at all.

**English marrows** are long but blunt. They have pale green skin which turns white when mature. Italian marrows however have a striped pattern.

**Pattypan** (image: top left) are round like a flattened sphere. Their colours range from creamy white to pale green. They are also known as Peter Pans.

Lastly, **zucchini** needs no introduction. It's the most common summer squash in Ontario, recognized by its long dark green appearance.



*Buying and Storing* - Summer squash can grow to be quite large, but are best eaten when young and tender. Pattypan should be about 5cm in diameter. Yellow crooknecks, marrows and zucchini should be about 15 cm long. They should be firm to the touch and handled carefully to avoid bruising.

*Cooking* - Summer squash tastes mild with a nutty flavour, making it very suitable for light summer dishes. They can be eaten raw by grating or thinly slicing and added into salads.

They are also excellent for summer barbecues. Zucchini and yellow squash can be sliced lengthwise and placed directly on the barbecue, or chopped into smaller pieces and cooked over a wire mesh grill.

Seasonings like basil pesto, garlic, or fresh basil and oregano with some olive oil pair well with these vegetables. They can be used as a marinade, added during cooking or as a dressing, topped with parmesan or feta cheese. See our Summer BBQ Shrimp Veggie Toss recipe on the next page.



# Summer BBQ Shrimp Veggie Toss

3-4 SERVINGS

*Recipe and image from Half Your Plate ([halfyourplate.ca](http://halfyourplate.ca))*

## Ingredients:

### Shrimp

1 lb Large shrimp, 31-35 count  
1 tsp Lemon Pepper  
Salt to taste

### Vegetables

1 Zucchini, chopped  
1 Onion, medium, sliced into rings  
1 bunch Asparagus, ends broken off and discarded, cut into 1 1/2" pieces

### Marinade

1/4 cup Olive oil  
2 tsp Oregano, fresh, chopped  
2 tsp Thyme, fresh, chopped  
2 cloves Garlic, minced  
Pinch of red chili peppers  
Salt and pepper to taste

Grape Tomatoes, fresh, halved, optional  
Feta, crumbled for topping, optional  
Fresh herbs, topping, optional

## Directions:

1. Season shrimp and set aside.
2. Mix marinade ingredients together and toss vegetables in the marinade. Heat BBQ to medium. Grill veggies in a BBQ wok or wire mesh grill for 10-12 minutes or until almost done.
3. Add the shrimp in, toss and continue to cook for 3-4 min until pink and cooked through. Serve immediately topped with feta, tomatoes and fresh herbs if desired.

## Nutrition Information (per serving):

200 Calories, Fat 15g (23% DV), Sat Fat 2g (10% DV),  
Protein 11g, Carbohydrate 8g, Fibre 2g (8% DV)