

Marinated Squash Salad

3 Medium-size yellow squash
3 celery ribs
3 carrots
3 green onions
3/4 cup olive oil-and-vinegar bottled dressing (Make your own with 1/4 cup plus 2 tsp. each olive oil & vinegar
1 tsp. sugar (or honey)
1 Tsp chopped fresh rosemary (up to 1 Tbs if you like rosemary)
Chop first 4 ingredients. Stir together dressing, sugar (or honey) and rosemary in a large bowl, add vegetables, tossing to coat. Cover and chill 3 hours. Makes 2 cups.

Rita Rector

*Family Favorite from
Southern Living 2005*

Squash Puppies

2 medium-size yellow squash
1 egg, beaten
1/2 cup buttermilk
1 medium onion chopped
3/4 cup self-rising cornmeal
1/4 cup all-purpose flour
2 tablespoons sugar
Cook squash in water until tender
Drain, mash and drain again
Combine squash and remaining ingredients
Drop by scant tablespoons into hot olive oil
Fry until golden brown

Patsy Harper

Cold Zucchini Soup with Fresh Mint and Greek Yogurt

Ingredients:

1 large bunch green onions, chopped
2 tsp olive oil
8 medium zucchini, sliced thin
3 cups chicken stock, vegetable stock or water
salt and pepper to taste
3 Tbsp fresh mint, chopped
1 cup Greek yogurt (can substitute with 3/4cup plain yogurt)
juice of one lemon

Directions:
Heat a saucepan over a medium-high flame. Add the olive oil and green onions and sauté 3-4 minutes, until the onions have softened. Do not let them brown; lower the heat if you have to.

Now add the zucchini, sprinkle with salt, and continue cooking for a few minutes, until the zucchini starts to soften. Add enough stock or water to just cover the zucchini - any more and the soup will be too thin. Cover the pot and cook about 7 minutes, until the vegetables are just cooked through. Remove the pot from the heat and cool to room temperature.

When the soup has cooled, add the chopped mint and the yogurt. Using a hand-held immersion blender, puree the soup in the pot. (You can also transfer the soup to a regular blender for this step.) When the soup is smooth, stir in the lemon juice, taste, and adjust the salt and pepper. Chill

in the refrigerator at least two hours and up to several days.

Before serving, taste the soup again - once it's chilled you'll probably need to add more salt, and possibly more lemon juice.

Serve decorated with sprigs of mint. Serves 4-6 as a first course.

Margaret Villas

Cold Yellow Summer Squash Soup

Ingredients:

6 to 8 medium-sized yellow squash (don't peel if fresh and small)
6 cups chicken broth - can use bouillon.
2/3 cup lemon juice
1 onion chopped
1 tbsp fresh dill
1 tsp. fresh basil
salt to taste
pepper to taste
3/4 cup sour cream

Slice squash in 3/4 inch rings. Boil squash in broth to which has been added the spices, lemon juice, salt and pepper. Boil till squash is tender, approx. 15 mins. Cool to lukewarm. Add sour cream. Place in blender and blend on high for about a min. Will have to do small amount at a time. Refrigerate until chilled through.

Margaret Villas

Zucchini Brownies

Ingredients:

- 3 cups all-purpose flour
- 1/4 cup cocoa
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tsp ground cinnamon
- 2 cups grated zucchini (about 3/4 pound)
- 1/2 cup butter, melted
- 1 3/4 cups sugar
- 1 cup vegetable oil
- 2 large eggs, lightly beaten
- 1 tsp vanilla extract
- 2 cups (12 oz) semisweet chocolate morsels
- 1/2 cup chopped walnuts

Combine first 5 ingredients in a bowl, stirring well. Combine zucchini and butter; add to flour mixture, stirring well. Combine sugar and next 3 ingredients; add to zucchini mixture, stirring 2 minutes.

Pour batter into a greased 15" x 10" jellyroll pan; top with chocolate morsels and walnuts. Bake at 350° for 30 minutes. Cut into bars. Yield: 32 brownies.

Kim Rodgers

Zucchini Bread

Cream in mixer:

- 1 cup oil
- 2 cups sugar
- 3 eggs

Add:

- 2 tsp vanilla
- 1 tsp salt
- 1 tsp soda
- 1 tsp cinnamon

- 1 tsp baking powder
- 8 oz can crushed pineapple, NOT drained
- 2 cups raw zucchini (that has been peeled, blended in blender and drained)

Add 1 cup chopped nuts

Stir in 3 cups all purpose flour

Bake in two 9" x 5" tube pans at 350° about 35 minutes (done when inserted toothpick comes out clean).

Glenda Rice

*Glenda says she got this recipe from
Ida Ellen Miller!*

Zucchini Bread

Ingredients:

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 1 tsp vanilla
- 2 cups unpeeled, grated zucchini
- 1 cup canned crushed pineapple, drained
- 3 cups flour
- 2 tsp soda
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp salt
- 1 tsp baking powder
- 1 cup raisins
- 1 cup chopped walnuts or pecans

Combine eggs, oil, sugar and vanilla. Stir in zucchini and pineapple. Sift together dry ingredients and stir into the sugar and oil mixture. Blend well. Stir in raisins and nuts. Bake at 350° in two 9" x 5" well-greased baking pans for about one hour.

Patsy Harper

Supra-Spiced Zucchini Bread

Ingredients:

- 2 C Shredded raw zucchini
- 3 lg organic eggs
- 1-1/4 C local honey
- 1/2 C Vegetable oil
- 2 C Organic Flour
- 1/4 tsp Baking Powder
- 2 tsp Baking Soda
- 2 tsp Cinnamon
- 2 tsp real Vanilla

Optional: 1 C chopped nuts
or 1-1/2 C minced pineapple

Squeeze excess liquid out of shredded zucchini with a towel. Beat eggs and add together with honey and oil. Slowly add flour, baking powder, baking soda, cinnamon, salt and vanilla until all ingredients are just combined. Fold in drained zucchini. Pour into greased/floured loaf pans and bake at 325° for about 45-50 minutes or when cake is golden brown and springs back slightly to touch.

Albert Motta, Suprasistence Farm

*You can buy this bread from
Albert at the Market!*

Squash Casserole

Ingredients:

about 3 cups of cubed or sliced zucchini (whichever you prefer)
3 cups of shucked corn or 2 cans 15oz canned corn
2 cups sautéed Tyson chicken fajita meat
1/4 cup sautéed onion (can be sautéed with meat)

Gravy:

Brown 1/2 cup of flour in 3 tbsp of olive oil to desired brownness. Add 2 cups of water and bring to boil. Add 2 shredded garlic cloves or 3 garlic bouillon. Add 1 cube consommate de pollo (chicken bouillon) and simmer till gravy is completely incorporated and smooth... 'Will be slightly thick.

Spray your casserole dish with nonstick olive oil or take paper towel and grease with olive oil.

Mix chicken, zucchini, corn and onion and place into large casserole dish. Add gravy mixture till slightly covering chicken mixture. Place Tyson frozen biscuits on top of mixture to cover top. Wrap with foil and place in 325 degree oven for 20 minutes covered. Take off foil and leave in oven till biscuits are nicely brown.

This recipe may be altered by adding whatever vegetables are in season

I like to add broccoli, cauliflower, carrots, etc... May even add shredded cheese either before you add the biscuits

or after the biscuits are browned, you can spread the cheese over cooked biscuits and return to oven just to melt the cheeses... I love the versatility of it...

Luciann Lara

Patty Pan Mock Apple Pie

Pie Filling:

5 to 6 or nice sized Patty Pan Squash
1/4 cup butter
1 tsp vanilla
1/2 cup to 1 cup sugar or sweetener (to taste. I use the full cup because I like things sweet)
2 tbs honey (optional)
Enough water to help to "steam" the squash before adding the other ingredients.

Crisp Topping:

1 cup almond flour
1 cup oatmeal
1 stick melted butter
1/2 cup sugar or sweetener
1 tsp baking powder
Cinnamon and/or Apple Pie Spice to taste

Directions:

Peel, seed and slice the patty pan into slices that look like thin apple slices. In large frying pan add patty pan and enough water to half way cover the squash, cover and simmer until squash starts to get soft. Add water if needed until the squash starts to get soft. but make sure you leave some water in the pan, about 1/2 cups

worth, when squash is soft make the sauce. Add melted butter, vanilla, sugar or sweetener and honey (if using) to the pan and continue to cook on low heat until it starts to get browned and bubbly and thickens up. Add more water if the sauce starts to get too thick.

While this is cooking down, mix the almond flour, oatmeal, melted butter, sugar or sweetener, baking powder, and spices until a crumbly mixture forms. Add a little cream or water if you think it's too thick.

Once patty pan is cooked down and soft, and sauce is thickened put in a buttered or cooking sprayed pie pan, then add the crumble mixture on top. Spray with cooking spray and put in a 325 degree oven until bubbly and the crumble mixture on top getting golden.

Serve hot with ice cream or warm/cold with whipped cream topping of choice

Debra Bolding

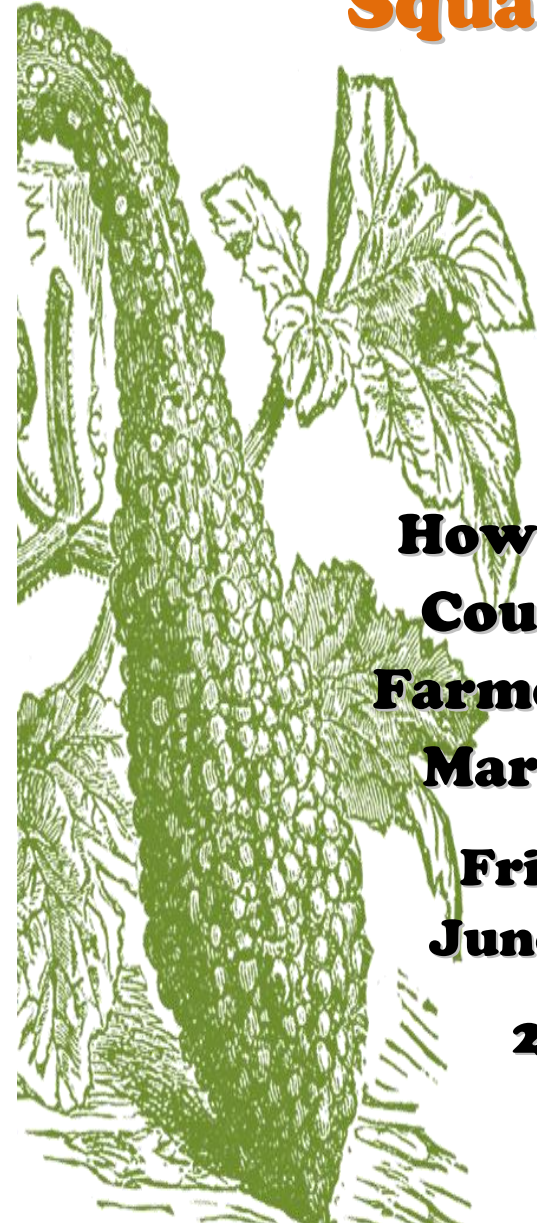
SUMMER SQUASH, which includes zucchini, patty pan squash, and yellow straight and crookneck squash, is inexpensive, low in calories and, contrary to its name, available throughout the year. The fruit is typically high in beta carotene (the more yellow or orange the squash, the more beta carotene the fruit will have).

Nutritional Benefits - Squash is low in saturated fat and cholesterol and is a good source of thiamin, phosphorus, vitamin B6, calcium, riboflavin, niacin and zinc, and an excellent source of dietary fiber, vitamin C, vitamin K, vitamin A, potassium, copper, folate, magnesium and manganese.

How to pick the best summer squash:

- Pick fruits that are firm, heavy and crisp.
- Check the skin for cuts, blemishes and mushy spots.
- Check the stem to make sure it is not shriveled or discolored.
- Select squash with bright, glossy skin, without discoloration.
- Try to find smaller squashes, which are younger and more tender than larger ones..

What To Do With All That (Summer) Squash!



**Howard
County
Farmers'
Market**

**Friday
June 29**

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