

# Zucchini and Summer Squash

Zucchini and summer squash are kind of like the rabbits of the vegetable world: once they start reproducing, there's no turning back.

The vines unfurl rapidly, displaying extravagant flowers. The bees buzz around, and before we know it, the flowers give way to tender and versatile mature squash.

## STORAGE

Refrigerate unwashed zucchini and summer squash for up to a week and a half in a perforated plastic bag or in a sealed plastic container lined with a kitchen towel.

## Sweet Zucchini Crumble

Silky smooth baked zucchini is the surprising filling in this sweet dessert. Like the best apple crumble, this dessert has a tender, lemony-sweet, spiced filling just waiting to be discovered beneath its irresistible, crunchy crust. Don't count on having leftovers. *Shareholder*.

Serves 6 to 8

- 4 1/2 cups flour
- 3 cups sugar, divided
- 1/2 teaspoon salt
- 1 1/2 cups shortening, softened, or butter, cold
- 6–8 cups thinly sliced zucchini (about 4 large zucchini)
- 2/3 cup freshly squeezed lemon juice (about 3 lemons)
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground or freshly grated nutmeg

1. Preheat the oven to 350° F.

2. Stir the flour, 2 cups of the sugar, and salt in a large bowl until well combined. Add the shortening or butter and cut it into the flour with a pastry blender or your fingertips until the mixture looks like coarse oatmeal.

3. Pour half of the mixture into a 9x13-inch cake pan. Using your fingers or a rubber spatula, press the mixture evenly into the bottom of the pan. Bake for 10 minutes. Remove the pan from the oven and set it aside.

4. Combine the zucchini and lemon juice in a large pot over high heat and cook until zucchini is tender, 8 to 10 minutes. Stir in the remaining 1 cup of sugar, cinnamon, and nutmeg. Simmer for 1 minute more. Stir in 1/2 cup of the reserved flour mixture and continue to cook, stirring constantly, until mixture thickens. Remove the pot from the heat to cool for 10 minutes.

5. Pour the zucchini mixture over the baked crust and sprinkle with the remaining flour mixture. Return the pan to the oven and bake until it is lightly browned and bubbly, 40 to 45 minutes.



## HANDLING

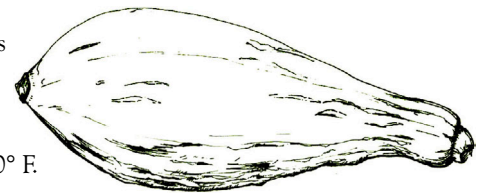
Rinse zucchini and summer squash under cool running water to remove any dirt or prickles; then slice off the stem and blossom ends. Slice the vegetable into rounds, quarters, or chunks according to the specifications of your recipe.

## Baked Zucchini Halves Stuffed with Wild Rice and Quinoa

In this hearty recipe the classic combination of onion, celery, and cheese give plenty of robust flavor to the mixed grains, while zucchini provides the perfect juicy-firm base. This satisfying dish is an excellent accompaniment to roasted chicken or grilled fish. *Friend of the Farm*.

Serves 4 to 6

- 1 large zucchini, halved lengthwise
- 1 1/2 cups cooked quinoa
- 1/2 cup cooked wild rice
- 1/4 cup freshly grated Parmesan cheese (about 3/4 ounce)
- 1 1/2 teaspoons olive oil
- 1/2 cup chopped onion (about 1 medium onion)
- 1 rib celery, chopped
- 3/4 cup fresh bread crumbs
- 1 teaspoon salt
- butter (optional)



1. Preheat the oven to 350° F.

2. Cut out the center from each half of the zucchini with a paring knife, being careful not to puncture the bottom or the sides; reserve the centers. Transfer the hollow halves, cut-side up, to a baking dish.

3. Coarsely chop the zucchini centers and put them in a large bowl. Add the quinoa, wild rice, and Parmesan. Stir until well combined.

4. Heat the oil in a medium skillet over medium-high heat. Add the onion and celery; cook for 5 minutes, stirring frequently. Stir in the bread crumbs and salt. Continue to cook, stirring constantly, until the bread crumbs are well mixed in and heated through, about 1 minute.

5. Add the bread crumb mixture to the quinoa/rice mixture and combine well.

6. Stuff hollow zucchini halves with the quinoa/rice mixture. Cover with aluminum foil; bake for 40 minutes.

7. Remove the foil. If you wish, dot each half with a pat of butter. Continue baking until zucchini is very tender and the filling is golden brown, 10 to 20 minutes. Serve warm.

## The Crop

The cucumbers, zucchini, and summer squash are finished. Zucchini and summer squash have been harvested daily for many weeks, cucumbers every other day. Our crew is relieved it's over. That was a lot of bending.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

