



Zucchini ~ Patty Pan

You know you live in a place with a short growing season when you never get tired of zucchini. Zucchini and Patty Pan can be used interchangeably.

STORAGE

Store in a plastic bag in the fridge 7-12 days.

Chopped, in a sealed container 5-7 days.

Shredded, use immediately or freeze for later.

SAUTE ~ STEAM ~ STIR FRY

Cut in half lengthwise and chop. Cook 3-6 minutes until tender.

ROAST ~ GRILL

Cut into 2 inch sections and roast or grill.

PRO GRILL TIP: Carefully cut patty pan squash laterally (in the shape of a hamburger patty) salt and grill 3 minutes on each side. Excellent on its own or as a unique burger topping.

"ZOODLES"

If you don't have a veggie spiralizer, you can try your hand at "zoodles" with your vegetable peeler by peeling down the length of the zucchini, making long, wide ribbons as you work your way around. Stop when you get to the seeds, and cook the zoodles in a little bit of hot oil for 1-2 minutes.



LITTLE EXTRA

Store extra cooked zucchini in a ziplock freezer bag to add to soups and stews.

DEEP STORAGE

No freezer is complete without raw grated zucchini in freezer bags. We know you love zucchini bread! This grated staple is also a great addition to meatloaf, cooked rice, or just about any casserole.

CROP AVAILABILITY

Mid July- Early September



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