



Nutritious, Delicious, Wisconsin!

SUMMER SQUASH TAUB



Green Zucchini



Pattypan Squash



Round De Nice
Squash



Yellow Zucchini



HMooB Varieties

- Yellow Zucchini
- Green Zucchini
- Round De Nice
- Pattypan Squash
- Grey Zucchini
- Tatume
- Cue Ball
- Chayote
- Yellow Squash

Terminology

Taub refers to squash in general. To tell the difference between types, **taub ntev** is used to describe long squash, which helps distinguish between summer and winter squash varieties.

TASTE & TRADITION



Traditionally, **Taub tsuag**, vegetable-based soups, are a classic and nourishing part of HMooB meals. These simple soups can be served as a light broth, a tea, or a side dish.

Zucchini has a mild, slightly sweet flavor. When young or cooked, it is tender and soft. When fully ripe, zucchini becomes firmer to the touch.

Summer squash is commonly used in HMooB stir-fries or sliced into long strips (halves or quarters) and blanched for a quick, refreshing dish.

RECIPE

Blanched Zucchini (Taub Tsuag)

Ingredients

- Summer squash (zucchini)
- Water

Directions

1. Wash the zucchini and slice it into long strips (halves or quarters).
2. Blanch the zucchini by placing it into boiling water or steaming it for about 3 minutes, until tender.
3. Remove and let cool. Optional: Transfer to an ice bath to stop the cooking process.
4. Serve as a light and refreshing side dish!



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