



SUMMER SQUASH

CALABAZA DE VERANO



Crookneck
(Cuello curvo)



Zucchini
(Calabacita)



Patty Pan

Summer Squash
– I tried it!

Calabaza de
verano –
¡La probé!

☐☐☐

Nutritious, Delicious, Wisconsin!
¡Nutritivo, delicioso, Wisconsin!



Wisconsin Season July - September

Temporada de Wisconsin
de julio a septiembre



Store: Refrigerate and use within 3-4 days.

Guarde: Refrigerar y consumir en 3 o 4 días.

Try New Foods • Pruebe nuevas comidas

Eat together as a family.

Make mealtime fun and relaxed.
Try new types of summer squash
together, like zucchini, patty pan,
or crookneck.

Coman juntos en familia.

Haga que la hora de la comida sea
un momento divertido y relajado.
Prueben nuevos tipos de calabaza
de verano, como la calabacita, la
calabaza pattypan o la calabaza
amarilla de cuello curvo.



Recipe Zucchini and Tomatoes: Go.wisc.edu/fmrecipes

Receta de calabacita y tomates: Go.wisc.edu/sparecipes



FOOD WISE
Healthy choices, healthy lives.

UW-MADISON EXTENSION

The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program – EFNEP.

La University of Wisconsin–Madison División de Extensión proporciona igualdad de oportunidades en el empleo y en sus programas, según lo que exige la ley federal y estatal. La educación FoodWise es financiada por el Supplemental Nutrition Assistance Program– SNAP de USDA y el Expanded Food and Nutrition Education Program – EFNEP.

go.wisc.edu/foodwise • #WIHarvestoftheMonth