



## Full Belly Farm

*Fresh, delicious veggies fruits and nuts*

CCOF Certified Organic since 1985

P.O. Box 251 • Guinda CA 95637

belly@fullbellyfarm.com • www.fullbellyfarm.com

---

### **SUMMER SQUASH RECIPES**

*These recipes updated 10/9/2010*

---

#### **Summer Bounty Side Dish**

From 8/07

Last night I made the most delicious dish with the ingredients I got from my last Full Belly box  
-- *Trish Hare*, Oakland member

- 4 small zucchinis cut into match stick pieces
- 2 ears of corn cooked and cut from the cob
- 3 tablespoons pesto made without the pine nuts and heavy on the garlic
- 3 tomatoes sliced thin
- 1/3 cup flavored bread crumbs
- 1/3 cup grated parmesan
- 1/3 cup grated mozzarella
- salt and pepper
- 3 tablespoons olive oil

Mix the zucchini and corn together. Salt and pepper well and place in a buttered 8x8 baking dish. Place the slices of tomato on top in one layer. Mix together the bread crumbs, parmesan, mozzarella, salt and pepper and sprinkle over the tomatoes to cover. Drizzle with the olive oil. Bake at 325° for 30 minutes until brown. Remove from oven and let sit 5 minutes.

## **Chilled Summer Squash Soup**

From 7/06

We have included this recipe before. It was sent to us last year by Full Belly member, Donna Yee. It uses several of the items in this week's box: summer squash, garlic, onions and potato.

2 tbsp olive oil  
1 1/2 cups chopped leeks  
3/4 cup chopped onion  
1 tbsp chopped garlic  
1 potato, approximately 1/2 lb  
1 1/2 lb summer squash, any kind, sliced into 1/4 inch rounds  
3 cups low-salt chicken or vegetable broth  
1/3 cup cream  
2 to 3 tbsp freshly squeezed lemon juice, or more to taste  
salt  
white pepper  
ice water for thinning soup  
lemon slices for garnish (optional)

In a large saucepan, heat oil and cook leeks, onion, and garlic over moderately low heat until soft and translucent. Peel potato and cut into 1-inch pieces. Add potato, squash and broth to leek mixture. Cover and simmer for approx 15 minutes until potato is very tender.

In a blender, purée mixture until very smooth. Transfer purée to a bowl. Stir in cream and lemon juice. Add salt and white pepper. Thin soup with water if the texture is too thick.

Chill soup well, preferably overnight. Before serving, taste for seasoning and add more salt, white pepper, and/or lemon juice if you like. If necessary, thin soup with ice water. Garnish soup with lemon slices, if desired.

---

## **Summer Squash Gratin**

(4 servings) From 7/08

Thinly slice 6 medium assorted summer squash and layer into a baking dish. Ideally you should have about 3 or 4 layers in your pan. In between the layers sprinkle 1/2 cup Parmesan cheese, 10 or 12 leaves of fresh basil (finely chopped), 2 cloves finely chopped garlic, and salt and pepper. Cover with a cup of cream or half & half until liquid just reaches the top of the squash. Bake in the oven (about 1 hour) at 375° until golden brown. Serve hot!

## **Summer Squash-Basil Soup** serves 4 to 6

(Adapted from *Gourmet* magazine, July issue.)

From 7/08

1 1/2 lb summer squash  
3/4 cup chopped onion  
3 garlic cloves, chopped  
1/4 cup olive oil  
4 cups stock or water, divided  
1/3 cup packed basil leaves

Julienne the skin (only) from half of the squash with a slicer (if some of the squash is dark green zucchini, use that skin as it will be pretty!) Toss it with 1/2 tsp salt and drain in a sieve until wilted, at least 20 minutes. Coarsely chop the remaining squash.

Cook the onion and garlic in oil in a heavy saucepan, about 5 minutes. Add the chopped zucchini and 1 tsp salt and cook, stirring occasionally, 5 minutes. Add 3 cups of the stock or water and simmer, partially covered, until tender, about 15 minutes. Purée the soup with the basil in 2 batches in a blender.

Bring the remaining cup of stock or water to a boil and blanch the julienned zucchini for just 1 minute. Drain in a sieve and set over a bowl so that you can use the liquid to thin the soup if necessary.

Season the soup with salt and pepper. Serve in shallow bowls with the julienned zucchini mounded on top.

---

## **Hot & Sour Summer Squash and Tomatoes with Shrimp**

From 7/05

Recipe suggested by Donna Yee – thanks!

Adapted from chef Kasma Loha-unchit ([www.thaifoodandtravel.com](http://www.thaifoodandtravel.com))

2-3 Tbsp oil  
4-6 cloves garlic, chopped  
1 small onion, quartered and thinly sliced  
2-4 hot yellow wax or jalapeño peppers  
    trimmed & cut into slivers, w seeds  
1/2 lb raw shrimp, shelled and deveined  
1 lb summer squash, trimmed and sliced 1/4" thick  
2-3 Tbsp fish sauce (preferably) or soy sauce  
2-3 Tbsp white wine vinegar  
1-2 Tbsp sugar  
2 medium tomatoes, cut into bite-size wedges  
freshly ground white pepper  
short cilantro sprigs, for garnish

Heat a wok or large skillet over high heat until it is very hot. Swirl in the oil to coat the pan surface and wait a few seconds for the oil to heat. When oil is hot, stir in the garlic, followed shortly by the onion and peppers. Toss a few times, then add the shrimp. Cook for 20-30 seconds, until the shrimp have turned partially pink on the outside. Add the squash and continue to fry for about a minute. Season with fish sauce or soy sauce, vinegar, and sugar. Add the tomatoes and toss to mix in. Cook until the squash is tender but still firm (not mushy). Add pepper and toss again. Taste and add more seasoning as desired. Garnish with cilantro sprigs. Serve hot with steamed rice.

---

## Vegetarian Lasagna

From 7/05

This recipe is borrowed from a wonderful book called *Vegetarian Suppers from Deborah Madison's Kitchen*, by Deborah Madison, Broadway Books, 2005. It uses a lot of summer squash and is worthy of a special meal with guests!

2 1/2 c tomato sauce (made from the tomatoes in your box!)  
1 lb ricotta cheese (can be replaced with tofu)  
salt, pepper  
2 1/2 lb summer squash  
olive oil  
8 oz no-boil lasagna noodles  
1 c finely chopped walnuts  
1/2 lb fresh mozzarella cheese (2 balls), grated or shredded  
1 c freshly grated parmesan or pecorino cheese

1) Preheat oven to 350°. Lightly oil a 9" x 12" baking pan. Make the tomato sauce either chunky or smooth. If the ricotta is densely textured, thin it with several tablespoons water and season with salt and pepper. If it is milky and wet, set it in a fine strainer to drain.

2) Cut zucchini in half lengthwise. Cut each half into diagonal slices as thinly as possible. Heat the oil in a large non-stick skillet. Add the zucchini and cook over medium to high heat, turning frequently until it is tender, about 5 minutes.

3) Spread 1/2 cup of the tomato sauce in baking dish and set 3 noodles over it. Cover with 1/3 of the ricotta, dot with 1/3 of the nuts, cover with 1/2 the zucchini, season with salt and pepper, then cover with 1/2 cup of the tomato sauce, 1/4 of the mozzarella, a sprinkling of the parmesan cheese. Add a second layer of noodles and repeat twice more. Cover the final layer of pasta with the remaining tomato sauce, mozzarella and parmesan.

4) Tent the dish with foil and bake until bubbling hot, about 40 minutes. Let rest for several minutes before serving.

## Squash Stew

From 7/06

Vegetable stews in our kitchens are never the same twice. They reflect what's good at any given time. The trick is good spices and herbs. If you have any fresh herbs, they will add a lot to the stew. This stew can be served over rice or pasta.

1 - 2 lb summer squash  
1/2 - 1 lb green beans  
1/4 cup olive oil  
1 -2 cups sliced onion  
2 - 3 tsp chopped garlic  
1 tsp chopped hot peppers  
2 cups roughly chopped tomatoes  
salt and freshly ground pepper  
2 cups freshly cut corn kernels

Wash and trim the squash and cut it into 1/2-inch chunks or slices. Wash the beans and snap into halves. Blanch the beans in boiling water until just tender, run under cool water, drain and set aside. In a large heavy saucepan, heat the oil, add onions, and cook until wilted and golden. Add the garlic and sauté for 30 seconds; stir in the hot peppers and squash. Top with the tomatoes, and season with salt and pepper to taste. Reduce the heat, cover and simmer 10-15 minutes or until the squash is tender. If needed, add a bit of vegetable or chicken stock to moisten the vegetables. Uncover, add the beans and corn, and cook for 2 minutes, until the corn is just tender.

---

## Hot and Sweet Zucchini Pickles

From 6/08

These are fresh refrigerator pickles. There is no canning involved. Adapted from *Quick Pickles* cookbook by Chris Schlesinger et al. This recipe was provided by Donna Yee, responding to requests from many of us lucky enough to taste the pickles at Open Farm Day in June.

1 to 1 1/2 lbs zucchini, ends trimmed and sliced into 1/8 inch rounds  
2 red or other sweet onions, thinly sliced  
2 or 3 jalapeno chiles, thinly sliced  
3 tablespoons kosher salt  
1 cup seedless grapes or golden raisins  
2 3/4 cups distilled white vinegar  
3/4 cup sherry  
1 1/2 cups orange juice  
2 cups sugar  
2 tablespoons curry powder  
3/4 teaspoons ground cayenne pepper  
1 teaspoon whole allspice berries

scant 1 teaspoon whole cloves  
3 cloves garlic, peeled and crushed  
2 inch piece of fresh ginger root, peeled and thinly sliced

In a large non-reactive bowl (i.e. not cast iron or aluminum) combine zucchini, onions, chiles and salt. Let stand for 1 hour. Drain and rinse twice to remove salt. Add grapes or raisins to the bowl and set aside.

In a medium non-reactive saucepan, bring all remaining ingredients except the ginger, to a boil over high heat. Reduce heat to low and simmer for 3 minutes, stirring once or twice to dissolve the sugar. Pour the hot liquid over the vegetable mixture. The vegetables should be amply covered or slightly afloat. Add the ginger slices. Allow the pickle mixture to cool to room temperature, then cover and refrigerate.

The pickles are ready to eat after 2 hours of refrigeration. They keep well, covered and refrigerated, for up to 4 weeks (but you'll probably eat them all before then!)

---

## **Sautéed Grated Squash**

From 6/06

1 1/2 lb summer squash  
Salt  
3 Tablespoons of butter  
3-4 cloves garlic  
1 onion (or 1/2 if you prefer less)  
Pepper  
French Tarragon or basil

Wash and dry the squash. Trim the ends. Grate on the largest holes of a grater or in a food processor. Salt, and let drain for 30 minutes. (This step removes the extra water from the squash.) Finely chop the garlic and onion and sauté them in butter until wilted. If you wish, rinse the squash to remove the salt. Firmly, but gently, squeeze the moisture from the squash. Add the squash and cook for 3-5 minutes. Chop the fresh herb and sprinkle on top, cooking for a few moments more. Season with pepper and salt, taking into consideration the salt already on the squash.

---

## **Another Squash Idea**

From 6/08

All of the live-in Full Belly farm crew have lunch together, cooked by a different person each day. A lot of our cooking ideas come from these meals. Today it was day-old bread (1/2 of an unsliced loaf) made into delicious oven-baked pizza. The topping was tomato sauce, grated cheese, chopped up onions and SLICED ZUCCHINI. The zucchini was really a great touch!

## Summer Squash Salad

-- Penny Barthel

From 6/08

Here's a fast and fresh way to enjoy the tender young summer squash in our boxes. I made this with last week's zucchini from my Full Belly box and lemon and mint from my garden. It was a hit.

Several young summer squash  
Lemon  
Olive Oil  
Fresh mint or basil, chiffonade cut  
Goat chèvre  
Salt

Very thinly slice the squash into a salad bowl and add small chunks of the goat cheese. Dress to taste with some lemon juice, olive oil, salt and basil or mint. Toss lightly and serve. Best at room temperature.

---

## Grilled Potato and Summer Squash Salad

From 6/08

3 T lemon juice  
3 T minced fresh onions  
2 T fresh marjoram  
1 teaspoon finely grated lemon peel  
1/2 cup extra virgin olive oil  
1 pound new potatoes, unpeeled, cut into even, bite-sized pieces  
1 pound summer squash cut diagonally into 1/3-inch-thick slices  
2 carrots cut into 1-inch, thin strips

Whisk the lemon juice, onions, half of the marjoram and lemon peel in a small bowl. Gradually whisk in 1/4 cup of oil. Season with salt and pepper.

Boil the potatoes in enough salted water to cover, until almost tender. Transfer them to a bowl and add the remainder of the marjoram and oil. Sprinkle with salt and pepper and toss. Arrange the potatoes in a grill basket and grill them until tender – 10 minutes or so. Next grill the squash and carrots until tender, turning occasionally. Combine the squash, carrots and potatoes in a large bowl, add the vinaigrette, toss. Season with salt and pepper. Serve warm or at room temperature.

## **Summer Squash Creole**

an easy recipe

1 1/2 pounds sliced summer squash  
8 ounces of sliced mushrooms  
1/2 onion, diced  
1 or 2 cloves garlic, minced  
1 cup fresh parsley leaves, chopped  
Olive oil  
Salt and Pepper

Saute the mushrooms in the olive oil, sprinkling salt on top, until barely done and set aside. In the same pan, with a bit more of the oil, saute the onions and garlic and once those are softened, add the summer squash. Season with the salt and pepper to taste. Add the parsley towards the end of the cooking period. Finally add the already cooked mushrooms and cook for five minutes more until the vegetables are all tender.

This can be served as a side dish for 4 to 6 people, or put over pasta (with a bit of parmesan cheese!) as a main dish.

---

## **Cottage Fried Potatoes and Summer Squash**

3 T butter  
3 medium potatoes, thinly sliced (about 1 pound)  
2 medium or 3 small zucchini, thinly sliced  
1 clove garlic  
1 small onion, thinly separated  
Salt and Pepper

1. In a large skillet, melt butter. Layer the potatoes and zucchini into the skillet. Sprinkle with garlic, salt and pepper.
2. Cook covered, over medium heat for 8 minutes. Add onion rings. Cook, uncovered, 8 to 10 minutes more, or until the potatoes are tender and browned. Turn frequently.

## **Calabaza con Queso**

This is an easy, pleasing and quick recipe that will use up extra squash in your refrigerator.

2 small garlic cloves, minced  
2 tomatoes (1 1/2 pounds total), chopped  
2 pounds summer squash cut into 1/2-inch cubes  
Kernels from 2 ears of corn  
2 cups coarsely grated Jack cheese  
Salt and Pepper

Saute the onion in some oil, stirring until softened, about 5 minutes. Add garlic, tomatoes, squash and corn, increase heat to moderate and cook stirring until the squash is tender -- maybe 10 minutes.

Reduce the heat to low, stir in the cheese, salt and pepper to taste and simmer, covered, just until the cheese is melted (maybe a half a minute!)

---

## **Sage Pesto Over Summer Squash**

*From 6/2010*

### ***Sage Pesto***

1/2 cup Olive Oil  
1/4 cup chopped garlic (about 4 -5 cloves)  
1 bunch chopped fresh sage  
1/2 cup freshly chopped parsley  
1 cup roasted pine nuts  
1 tsp. salt  
juice of one lemon  
Optional 1 Tablespoon Goat cheese  
Mix all ingredients in a blender or food processor until well blended

This recipe is delicious used on the following summer squash:

### ***Julienned Summer Squash with Sage Pesto***

2 cups summer squash cut into long thin strips (don't peel)  
1 cup cooked Blue Lake Green Beans

1 cup roasted corn cut off the cob

1 cup tomatoes, chopped

Canola Oil

In a large sauce pan, heat a small amount of oil and add the squash to the hot pan. Add the corn, tomatoes and beans and cook for five minutes until all the ingredients are hot and the squash is just barely soft. Add the sage pesto and cook until warm. Place in a beautiful bowl and enjoy!