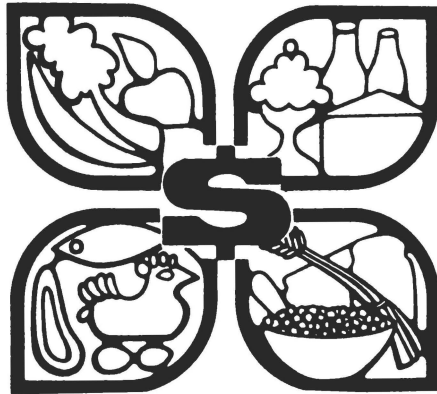


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August 1980

BLACKSBURG, VIRGINIA

## SUMMER VEGETABLES

Fresh vegetables are one of the nicest things about summer. Tomatoes, cucumbers, green beans, corn, and squash fresh from the garden are tasty enough to make vegetable lovers of every family member. The one problem may be too many vegetables. One youngster asked, "Why is it that when we have tomatoes we have them every day?" He might have added for every meal.

Maybe his mother needed some new ideas for serving tomatoes and other summer vegetables. Here are a few ideas worth trying.

### Squash

Squash are usually classified as summer squash or winter squash. However, both grow in the summer and both are available in the winter. So what's the difference? A summer squash is eaten skin and all, including seeds. They should be picked a few days after they develop while they are still young, tender, crisp, fresh, and fairly heavy in relation to size.

Winter squash varieties are allowed to fully mature on the vines and are picked just before frost. You don't eat the rind or seeds of winter squash.

### Squash and Corn

½ cup butter or margarine	1 medium tomato, chopped
1 small onion, chopped	1 teaspoon salt
4 cups whole kernel corn*	Pepper
2 cups sliced zucchini or other summer squash	

Melt butter or margarine in a large saucepan or skillet. Add onion and cook until onion is clear. Add corn and squash and cook until vegetables are tender-- 10 to 15 minutes. Stir-in tomato, salt, and pepper. Makes 6 servings.

\*You can use fresh corn, canned or frozen. It will take about 8 medium sized ears of fresh corn. Drop the ears of corn in boiling water for 3 or 4 minutes to partially cook. That will make cutting the kernels from the cob less messy.

Sweet corn loses its sweetness quickly. Harvest just before cooking. If you are buying, be sure the corn has been kept cold since it was pulled. Keep it cold and humid until used, and use it as soon as possible.

Drain canned corn. Thaw frozen corn enough to separate the kernels.

### Saucy Squash

4 cups thinly sliced summer squash	dash pepper
2 medium onions, thinly sliced	1 cup milk
2 tablespoons butter or margarine	2 ounces American cheese, shredded
2 tablespoons all-purpose flour	½ cup buttered bread crumbs
1 teaspoon salt	

Cook squash and onion in small amount of boiling water until tender. In a saucepan, melt butter or margarine; blend-in flour, salt, and pepper. Add the milk all at once; cook, stirring constantly until mixture thickens and bubbles. Combine the sauce with the cooked vegetables.

Pour the mixture into a baking pan or casserole. Top with shredded cheese and then with crumbs. Bake at 350°F for about 25 minutes. Makes 6 servings.

### Dilled Cucumber Relish

2 medium cucumbers, unpeeled but thinly sliced	2/3 cup water
1 onion, thinly sliced	¼ cup sugar
2 tablespoons salt	½ teaspoon dillweed
½ cup water	¼ teaspoon garlic powder
2/3 cup vinegar	¼ teaspoon dry mustard

Slice cucumbers and onions into bowl. Dissolve salt in the ½ cup of water and pour over cucumber-onion mixture. Let stand 30 minutes. Drain off the salty water and rinse in cold water.

Mix remaining ingredients in a saucepan and bring to a boil. Pour over cucumber-onion mixture. Chill before serving.

Zucchini or other summer squash could be used instead of or with the cucumbers.

Dillweed is the dill plant not the seed. If you are growing dill for pickles, break off a piece of the plant, wash, and cut for this relish. You can buy dried dillweed or you could use ½ teaspoon of dillseed.

### Tangy Green Beans

2-3 cups cooked green beans	¼ cup butter
2 tablespoons prepared mustard	½ teaspoon salt
2 tablespoons sugar	3 tablespoons vinegar

Cook green beans without seasoning. When beans are done, combine mustard, sugar, butter, and salt in a small saucepan. Heat slowly, stirring constantly. Stir-in vinegar. Pour over beans and serve hot. Makes 4-6 servings.

If using canned beans, drain part of the liquid off before heating.

### Fresh Tomato Relish

3 or 4 medium tomatoes	1 teaspoon salt
1 medium onion	½ teaspoon pepper
1 medium green pepper	

Chop tomatoes, onion, and green pepper. Combine and add salt and pepper.

This is especially good with October beans or blackeyed peas.

Prepared by Jo Anne Barton, Extension Specialist -  
Foods and Nutrition

