

# SUMMER SQUASH

## *Young, Tender Squash*

Summer squash is an excellent source of copper and manganese. It is a very good source of vitamin C, magnesium, dietary fiber, phosphorus, potassium, folate, vitamin B6 and vitamin K. Additionally, it is a good source of vitamin B1, zinc, omega-3 fatty acids, niacin, vitamin B2, pantothenic acid, calcium, iron, choline and protein.

### **Serving suggestions:**

Cut into thick strips, brush with olive oil, season, and grill  
Saute with butter and a large handful of your favorite fresh herbs  
Use a spiralizer to make squash or zucchini noodles, serve as a pasta  
Hollow out large squash and fill with ground meat and cheese, bake until tender

### **Nutrition Tip:**

Vegetables can be an excellent source of minerals, the spark plugs of life! However, the mineral content of vegetables is determined by the quality of the soil they are grown in. Be sure to choose local, organically grown vegetables for the highest possible mineral content.

**ETHICALLY GROWN/RAISED  
PRODUCE, MEAT, AND EGGS  
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL  
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