

# FAST FOOD: 3 Quick & Easy Zucchini Recipes



Grow Your Own Vegetables

# Grow Your Own Vegetables



## Zucchini / Summer Squash Recipes



**Stacey Murphy**  
Master Gardener Trainer

### Continue the Journey:

Come join me! I've taught thousands of people from 5 continents how to grow vegetables & herbs and preserve the harvest! Sign up for my best garden tips.

### Why Zucchini / Summer Squash?

A single zucchini plant can yield 10 pounds of food for your family in a single growing season. That's a lot of squash! And if you have multiple plants, they can produce a LOT in any given week.

Thank goodness there are tons of delicious ways to cook, sauté, stir fry, roast, shred, blend, dehydrate, pickle, ferment, freeze and can zucchini or summer squash. Here are just three to get you started.

### Before we get started:

I have taught hundreds of teens and adults how to cook and create recipes, here's some of my biggest lessons learned when you are trying new recipes or learning how to cook for the first time:

1. Be open to giving ingredients you don't like a second chance. Often, you may not like an individual flavor, but when balanced with other ingredients, you may change your mind.
2. Well-balanced flavors make our tongue happy. We know it when it happens. Satisfying recipes include five flavors: sweet, sour, salty, spicy, and bitter. Sweet doesn't mean sugar and spicy doesn't necessarily mean hot. Never judge an individual ingredient, because it may hold an important role in the balance of flavors.
3. Many young kids LOVE sour flavors. Your preferred tastes will not be the same as your kids. If they are old enough to cook with you, let them season the dish to taste so that they will eat it.

**You CAN do this!** You can make delicious garden-fresh recipes.

[GrowYourOwnVegetables.org](http://GrowYourOwnVegetables.org)

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## Zucchini Quick Pickles

### Ingredients

1 medium zucchini per pint jar

1/2 cup apple cider vinegar per pint jar

1/2 cup water per pint jar

1/2 teaspoon salt per pint jar  
(or less based on your preference)

Optional: 1/2 teaspoon sugar or honey  
per pint jar based on your tastes

**Spice Blend 1:** Fresh dill, Garlic Clove (peeled), Celery Seed, Mustard Seed, All Spice, Turmeric, Red Chili Flakes, Bay Leaf, Coriander Seed

**Spice Blend 2:** 1/2 Small Onion sliced thin, Dried Dandelion Leaves, Cardamom Pods, Turmeric, Ginger

**Spice Blend 3:** Dried Elderberries, Dried Hibiscus

### Kids Favorite!

In general, quick pickles do well among kids. They typically like the sour of the vinegar. Kids also like fun colors like purple, red & orange. So allow your spice blend to create visual excitement as well as flavor.

### Preparation Time: 5-10 minutes Chill Time: 1-2 days

1. Chop vegetables to desired shape and size: spears, rounds, etc.
2. Pack heat-safe jars with vegetables.
3. Add desired spice blends to jars.
4. Bring brine to boil: vinegar, water, salt (sugar or honey is optional, these pickles are delicious without it!). Note how many jars you have packed and scale up the brine proportionately. If you're on a low salt diet, salt helps to bring out flavors in this recipe, but you can scale back to just a dash. You don't need to add sugar for these to be delicious, because you can add sweetness with your spice blend (elderberries, hibiscus, cardamom, etc).
5. Pour brine over packed vegetables.
6. Place in fridge and cool for 1-2 days. You can try them after 20 minutes, but you'll most likely only taste the vinegar. The rest of the flavors will emerge within 1 day and you will find peak flavors emerge after 2 days.

**NOTE:** You can make quick pickles in a big bowl if you like. Anything that can withstand the boiling water. Jars are great for creating multiple recipes at once so you always have something new to try.

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## Zucchini Fritters

Serves: 3-4

### Ingredients

4 cups shredded zucchini  
(4 medium zucchinis)

2 Flax eggs (2 tablespoons flax meal  
and 4 tablespoons water, mixed &  
cooled until congealed) Can substitute  
regular eggs if you like.

1/4 cup chick pea flour (grind dry peas)

**Optional:** Small onion finely diced will  
add sweetness.

**Optional:** sprouted French Lentils  
(Soak the night before)

**Optional:** top with a spoonful of coconut  
yogurt or sour cream. Many people like a  
spoonful of applesauce to go with their  
yogurt or cream as well. These two  
things add sour and sweet to the savory  
dish making it a delight on the tongue!

**Spice Blend 1:** 1 bunch fresh parsley  
chopped finely, 1/2 teaspoon chili  
powder

**Spice Blend 2:** 1 Bunch fresh cilantro  
chopped finely, 1/4 teaspoon cinnamon,  
1/2 teaspoon garam masala, scallions,  
carrots

**Spice Blend 3:** 3 sprigs fresh rosemary,  
6 sprigs fresh thyme, 1 stem fresh sage  
all chopped.

### Preparation Time: 20-25 minutes Cook Time: 8-10 minutes

1. Sprinkle shredded zucchini with salt, mix & let stand 15 minutes
2. (Vegan option) Mix flax egg & refrigerate for 15 minutes until congealed
3. Squeeze out excess water and moisture from zucchini
4. Mix together all ingredient along with preferred spice blend
5. Make flat patties from 2 spoonfuls each. Will form approximately 10-12 fritters. Freeze patties for later in week if desired.
6. Heat skillet with coconut oil on medium high heat. Fry patties in pan, 4 minutes each side.
7. Garnish with fresh herbs, yogurt, sour cream, applesauce if desired.
8. Serve immediately, they will cool quickly.

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## Zucchini Spread (Squash-a-ganoush)

Serves: 8

### Ingredients

2 pounds chopped Squash / Zucchini  
(4 medium zucchinis)

1/2 cup Tahini

1/4 cup Olive Oil

1-2 Lemons

1-2 Cloves Garlic

2 tablespoons chopped fresh Parsley

1/4 teaspoon chopped fresh Oregano

Smoked or Spicy Paprika

**Get creative with your own spice blends!** Maybe you want to try chopped fresh basil, garlic and pine nuts on top, maybe cilantro and jalapeño... what's fresh in your garden?

If you want to really pack in the flavor, roast your squash **WITH** some delicious herbs...

Or try adding just a splash of balsamic vinegar. It sounds strange, but it can add a hint of sweet.

**Preparation Time: 5-10 minutes**

**Cook Time: 30-40 minutes**

1. In a roasting dish, spread chopped squash out and mix with 1/8 cup of olive oil, salt and pepper. Roast until very soft, a little browning can add flavor (30 minutes on 400° F heat usually does the trick). Garlic clove may be roasted with squash or kept raw.
2. Let cool 5 minutes.
3. In a blender, mix the roasted squash, garlic, tahini, juice from the lemon until smooth.
4. Pour into bowl and taste test. Add lemon juice, salt and pepper to suit your taste buds.
5. Use spoon to create a valley for remaining olive oil.
6. Garnish with olive oil, lemon juice, fresh herbs and spices.
7. Most people prefer this chilled, but it is also delicious warm out of the oven.

# Grow Your Own Vegetables

## Take Your Garden to the Next Level

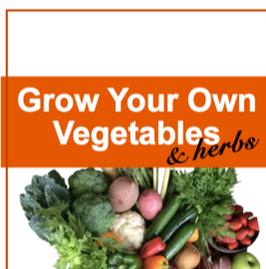
***It's our mission to support new growers all over the globe create successful vegetable and herb gardens for a happier, healthier YOU, and a greener planet. It's our passion to remove any obstacles standing in your way so you have the opportunity to harvest organic, nutrient dense food for a lifetime of health and wellness.***

Do you want to grow delicious, nutrient-rich, organic vegetables and herbs at a fraction of the price of store bought food, but lack the know-how, time, and budget to bring your garden vision to life?

Regardless of the size of your garden space... you've come to the right place. Our self-paced, step-by-step online programs are here to guide you from garden site and design all the way to harvest.

Whether you're just getting started planting your first seeds, in the process of honing your garden skills, or ready to start doubling your vegetable and herb harvests, Grow Your Own Vegetables can help! With done-for-you templates and step-by-step guides with easy explanations, you'll get all the tips and tricks you need so you can get on the fast track to garden success!

### Here are a few of our most popular programs:



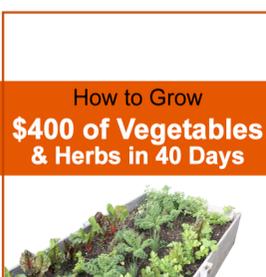
**Grow Your Own Vegetables** The single most comprehensive online course that takes the mystery out of successful vegetable and herb gardens. Discover how to apply this garden system to your local conditions according to your Garden Personality. Do LESS garden work and get MORE fresh, delicious, organic vegetables and herbs on your table. [Learn more & get started now](https://growyourownvegetables.org/gyov/) <https://growyourownvegetables.org/gyov/>



**Crop Planning: Maximize Harvests & Simplify Your Garden** With some gardening experience under your belt, you'll start to wonder how to get the most out of your garden. A crop plan is the next level tool to plan your entire growing season and pack in those plants into every nook and cranny. Want a short cut? Grab these templates and adapt them to your local conditions. [Learn more & get started now](https://growyourownvegetables.org/cropplan/) <https://growyourownvegetables.org/cropplan/>



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# Grow Your Own Vegetables

## From the Grow Your Own Vegetables Community:

"I grew hundreds of pounds of produce. **Your class has been extremely helpful to me, an amazing value for the money.** I honestly have not had this much progress planning an annual garden before this class, and I can't thank you enough for your clarity, support, and optimism!!!" —Lenna

"Your class was transformational! **I am growing so much more vegetables and have a plan of action.**" — Laura

"I have been so impressed with just how much you guys do for us. Thank you, thank you. I will reach out with any questions." — Barbara

"The biggest impact for me is **having a better sense of confidence that I can grow organic produce successfully**, and also the knowledge that I have a safety net if I have questions or problems in the future as an alumni who still has access to question/answer sessions. At this point, **I feel it was definitely money well spent.**" — Michele

"One of my goals for taking the course was to demystify the start up process. **I genuinely feel I have everything I need to start my garden and harvest an endless supply of food.**" — Kris

"Now I understand why yields were poor in the past: I now know how to find the best space to grow veggies, what to not bother with, and what's easiest for us. It's a far more rewarding experience now! **Saving agony is a highly valuable outcome for us. Money well worth spending!**" — Kei

"Your course format has been outstanding. **The visual aids really helped me understand and use the information.**" — Judy

## Meet our Dedicated Team



Tami Blodgett  
Director of Growth  
& Development



Denise Beins  
Director of  
Operations



Crystal Meserole  
Program & Garden  
Support



Lauren Groves  
Accounts & Tech  
Support



Amy Davis  
Editor  
Client Support



Brandon Beins  
GYOV Culinary  
Educator



Stacey Murphy  
Master Garden  
Trainer

### Disclaimers

**YIELD:** We are never going to tell you growing food is easy – it requires some elbow grease, knowledge, commitment and a smile from mother nature in the form of favorable growing conditions. Grow Your Own Vegetables videos, programs and trainings are intended to help you manage the uncertainties of nature and improve your chances for a successful harvest. But you've got to do the work to get the harvests. Your yields are up to you. We can support by giving great content, direction and strategies that move you forward. We like to believe that everyone can learn to grow food if they are really committed. The truth is that your yield is related to your experience and increases when you stick with it.

**FOOD SAFETY:** While we share and encourage safety practices, food safety is your personal responsibility, Grow Your Own Vegetables is not responsible for food safety and does not guarantee results.

**MEDICAL:** This information is not intended or implied to be a substitute for professional medical or dietary advice, diagnosis or treatment. All content, including videos, text, images and supporting materials are for general informational purposes only. We recommend and encourage that you confirm and review any information regarding a medical condition with your physician.

Thanks for sharing this journey with us. Enjoy your vegetable harvest! Grow Your Own Vegetables, LLC