

Upcoming Programs
at
Rutgers Cooperative Extension of
Somerset County



July 17 — Herbs Add Flavor; Using & Preserving Culinary Herbs; 10 am–12 pm or 6:30–8:30 pm—Herbs are all about flavor and reducing the need for salt. Learn about culinary herbs – how to pair them with food and use them in cooking, also how to preserve by freezing or drying. There will be demonstration and tasting of pesto, salsa verde, herb sugar and cucumber soup with mint. Fee: \$15. To register email lconley@co.somerset.nj.us or online at goo.gl/KwkGWX. Bring one stick of butter to make herb butter to bring home!



Aug. 8-10 — Somerset County 4-H Fair; 10 am–10 pm—The Fair, located at North Branch Park in Bridgewater, has been a tradition for the past 70 years.

The Fair recognizes the accomplishments of 1,000 Somerset County 4-H members. There are 30 tents packed with hands-on activities for visitors, as well as exhibits showcasing livestock, dogs, arts, science and prep (for the youngest 4-H'ers) 4-H clubs. Twirling, go karts, rockets, magic, model airplanes, r.c. cars, model trains, and other 4-H clubs compete and perform. There is no admission or parking fees. Free shuttle buses run from 9:30 a.m. to 10:30 p.m. each day of the Fair from RVCCC. For more information go to www.4HisTOPS.org.



August 29 — Rutgers Snyder Research Farm Great Tomato Tasting ; 3 pm–7 pm— This very popular event includes the tasting of more than 80 heirloom and hybrid varieties of beefsteak, plum, cherry, and grape tomatoes. Other highlights include tastings of a variety of farm grown fruits and vegetables and recipes featuring Jersey fresh produce. RSVP at <https://rcws2.rutgers.edu/tomato-tasting> or 908-730-9419, ext. 3501.



Want to be a Rutgers Master Gardener?

Anyone with an interest in gardening and a commitment to volunteer service can become a Rutgers Master Gardener. No previous education or training in horticulture is required. Visit us at <http://somerset.njaes.rutgers.edu/garden>.

Love Zucchini?

This summer squash includes yellow or crookneck squash and patty pan or scallop varieties. It only has 19 calories per cup raw and is an excellent source of potassium at 295 mg. Look for solid, firm squash; not spongy or pitted. Zucchini may have dark green or golden yellow skin and greenish-white flesh or yellow-gold flesh. Both types are long and slender with slight ridges. Seeds are edible. You may wish to remove large seeds.

Zucchini is edible at any size. Zucchini from six to nine inches are good for any preparation, from raw snacks to soup to soufflé. Large zucchini are tougher, seedier, and less flavorful, so they are best in stuffed or grated recipes.

Summer squash do not store long, usually a couple of days in the refrigerator. If held four days or more, chilling injury (water soaked spots) may occur. Zucchini may be frozen, but is watery when thawed.

Find more information and recipes on in the FCHS Zucchini publication on the website.

