

Summer Squash

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One of the best budget keepers of summer has to be summer squash, as summer goes on you'll find better prices when the plants reach their maturity and fill the market. I love Zucchini, and Yellow Summer Squash. You can roast it ... steam it ... grill it, you can even eat it raw. Raw Zucchini with a little ranch dip is wonderful. If you have family and neighbors that grow it, you can often get it free as the plants often produce more than can be eaten before it goes bad. In a particularly good harvest week you might have to pretend you aren't home to avoid getting more. Zucchini can also make a lovely cake similar to a carrot cake, or even moist delicious brownies. It's easy to let these veggies help your budget in a tasty way.

