FROM PATCH TO PLATE



Five Delicious Ways with...



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes, with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every

This edition features Button Squash — tender, buttery, and golden with goodness.

day is so easy. Job done. Tick 🗸



Button Squash In a Nutshell

How to Enjoy!

- Cooked: Steam, grill, roast, sauté, or bake whole.
 - Their shape makes them perfect for stuffing with savoury fillings.
- **Flavour Pairings**: Mild taste pairs well with tomato, garlic, cheese, and fresh herbs.
- Preserved: Can be pickled, roasted and frozen, or added to soups and stews for later use.

Nutrition Highlights!

- Vitamin C → immune support
- Vitamin A (beta-carotene) → eye health
- **Folate** → important for cell repair
- Potassium → heart + muscle function

Fun Fact 👚

Button squash have such a quirky shape, gardeners say they look like vegetables from outer space — aliens might be missing their flying saucers!

Growing Conditions

• When to plant (subtropical): spring - early summer

Time to sprout: 7-10 daysPlant height: 75-100cm

• Time to harvest: ~2 months

Harvesting tips

- Pick when small (5-7cm) for the best flavour and tenderness.
- Harvest regularly to encourage more fruit.
- The plant will keep producing through summer if picked often.

How to Store

- Keep in a paper or perforated plastic bag in the fridge.
- Store unwashed until ready to use (moisture speeds up spoilage).
- Lasts up to 1 week fresh.







Prep: 15 mins | Cook: 10 mins | Serves: 3-4

Ingredients

- 6 button squash, grated (squeeze out excess liquid)
- 2 eggs
- ½ cup self-raising flour
- ½ cup crumbled feta
- 1 tbsp chopped dill or parsley
- Olive oil

- 1. Mix grated squash, eggs, flour, feta, and herbs.
- 2. Heat oil in pan, spoon batter into small fritters.
- 3. Cook 3–4 mins each side until golden.
- 4. Serve with yoghurt or avocado.

Button Squash and Halloumi Wraps

Prep: 10 mins | Cook: 10 mins | Serves: 2

Ingredients

- 4 button squash, sliced
- 100g halloumi, sliced
- 1 small handful rocket
- 2 wraps
- 2 tbsp hummus
- Olive oil



- 1. Fry squash slices in olive oil until tender.
- 2. Cook halloumi until golden.
- 3. Spread wraps with hummus, layer rocket, squash, and halloumi.
- 4. Roll and slice in half.

Stuffed Button Squash with Lamb & Couscous

Prep: 20 mins | Cook: 30 mins | Serves: 4

Ingredients

- 8–10 button squash (medium)
- 300g lamb mince
- 1 onion, finely chopped
- 1 garlic clove, minced
- ½ tsp cumin + cinnamon
- 1 cup cooked couscous
- 2 tbsp pine nuts (optional)
- Fresh mint + yoghurt to serve

- 1. Slice tops off squash, scoop out flesh (keep).
- 2. Fry onion + garlic, add lamb and spices, cook until browned.
- 3. Stir in couscous, squash flesh, pine nuts. Season.
- 4. Stuff into squash shells, place in baking dish, cover with foil.
- 5. Bake 25-30 mins at 180°C. Serve with mint + yoghurt.





Prep: 10 mins | Cook: 15-20 mins | Serves: 2-3

Ingredients

- 26 button squash, sliced thin
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Salt

- 1. Preheat oven to 200°C.
- 2. Toss squash slices with oil, paprika, and salt.
- 3. Spread on lined tray in a single layer.
- 4. Bake 15–20 mins, flipping halfway, until crisp.

Button Squash & Cheese Mini Muffins

Prep: 15 mins | Cook: 20 mins | Serves: 12 mini muffins

Ingredients

- 1 cup grated button squash
- 1 cup self-raising flour
- ½ cup grated cheddar
- 1 egg
- ½ cup milk
- 2 tbsp olive oil

- 1. Preheat oven to 180°C.
- 2. Mix flour + cheese in one bowl.
- 3. Whisk egg, milk, and oil in another.
- 4. Combine, fold in grated squash.
- 5. Spoon into mini muffin tin, bake 18–20 mins.



2204 Mt Samson Rd, Samford Valley, Qld 4520 greenthumbfarm.org.au

Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,