Yellow “summer” squash is a member of the *Cucurbita pepo* family. When cooked, yellow squash is considered a vegetable, although botanically speaking, it is considered a fruit—the squash is the fruit of the squash blossom. All squashes originated in the Americas, but many have a long history in culinary traditions of Europe. Other so-called summer squashes include zucchini, crooked-neck, and pattypan squashes.

The summer squash is harvested during the growing season. The skin is usually soft and the seeds or fruit are small. The squash requires very little cooking and can be eaten almost immediately. Popular methods of cooking include stir frying and stuffing. Some people also eat the squash blossoms. They can be stuffed or even deep fried for a delectable edible flower dish.