



Harvest of the Month ZUCCHINI

Why We LOVE Zucchini!

FUN FACTS:

- Zucchini is a summer squash. There are several different varieties.
- The name zucchini is Italian.
- Zucchini blossoms can also be eaten. They are considered a delicacy.
- Summer and Winter Squash are both planted in the spring. Summer squash matures faster and are harvested in the summer. Winter squash are harvested in the fall.
- Squash was the first dish Indians taught settlers how to cook.
- The heaviest zucchini on record is 64 pounds!



Nutrition Facts

Serving Size 1 medium zucchini (196g)
Servings Per Container 1

Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 8%	Vitamin C 60%
Calcium 4%	Iron 4%

Source: snaped.fns.usda.gov

Zucchini is a wonderful summer squash that provides Vitamin C, Vitamin A, manganese, potassium, folate, and fiber along with other nutrients.

Zucchini is very versatile and can be prepared a variety of ways.

Zucchini has a mild flavor. It combines well with many other foods.

Zucchini is a great addition to soups and stews and can also be shredded and added to baked goods. Zucchini bread is a great tasting quick bread!

Zucchini is low in calories. One medium zucchini provides only 35 calories.

Zucchini tastes great raw or cooked!

Different summer squash varieties can be used interchangeably in recipes.

Meet the Farmers:



Growing zucchini in Wisconsin is highly recommended. It grows well in our climate and produces an abundance of summer squash!

<http://extension.illinois.edu/veggies/ssquash.cfm>

RECIPE: Zucchini Pancakes

makes 4 servings

Ingredients:

- 2 cups grated zucchini
- 1 tablespoon onion, finely chopped
- 1 egg, beaten
- 1 1/2 tablespoons flour
- 1 tablespoon Parmesan Cheese
- 1/4 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon vegetable oil

Directions:

1. Grate zucchini and combine with other ingredients, except vegetable oil. Blend well.
2. Form the mixture into patties 3-4 inches in diameter
3. Heat the vegetable oil. Cook pancakes 3 to 4 minutes per side.
4. Remove and drain on paper towels.
5. Serve warm



<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-pancakes>

What is Farm to School?

The Farm to School Program in Waupaca County is serviced by two positions, the nutrition educator and the community outreach coordinator. The goals of Farm to School are to increase opportunities for students and families to try fresh, local foods and also to connect local growers and producers to schools, families, and other community food service facilities as a viable resource for fresh, local, wholesome foods.

How To:

Select:

Choose zucchini that feel heavy for their size. The skin should be free from cuts and bruises. Small to medium size zucchini have more flavor.

Store:

Store zucchini in a plastic bag in the refrigerator and use within a few days.

Prepare:

To prepare zucchini, wash and cut off both ends. Slice as desired. Both the peel and the seeds of summer squash are edible.

Summer Squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes. They mix well with other vegetables.

It can also be eaten raw with your favorite dip.

Additional Resources:

<http://waupaca.uwex.edu/4-h-youth-development/community-youth-topics/farm-to-school-program/>
<http://www.farmentoschool.org/> ◇ <http://www.farmentoschool.org/our-network/Wisconsin>
<http://public1.co.waupaca.wi.us/FarmFresh/> ◇ www.nutrition.gov ◇ www.choosemyplate.gov
<http://www.farmfreshatlas.org/> ◇ www.fruitsandveggiesmorematters.org ◇

Please contact Waupaca County UW-Extension for more information at 715-258-6230