

Harvest of the Month



August



Zucchini



Pick:

- Choose zucchini that are heavy for their size.
- The skin should be firm and free of cuts and bruises.
- Zucchini is a type of summer squash – other varieties may be round or yellow in color. They can be used interchangeably in recipes.

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 then slice as desired.
- The peel and seeds are edible.

Nutrition Info

One cup of zucchini has 20 calories and provides vitamin C, manganese and molybdenum.

Fun Facts

The flower of the zucchini plant is also edible. Fried squash blossoms are considered a delicacy.

Bigger is not necessarily better. Small to medium sized zucchinis have the most flavor.

Uses

Grated zucchini can be used in breads, muffins and salads.

Make a vegetable medley on the grill with zucchini, summer squash, garlic and bell peppers.

Sauté zucchini, mushrooms, yellow squash, and onions in olive oil. Serve with pasta.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

It's harvest time! Tell us your strategies for capitalizing on this windfall of fruit and vegetable goodness. Do you share, can, freeze, donate? What community resources have you found helpful to make sure none of the bounty is wasted?

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than August 31, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Harvest of the Month

Savory Zucchini Bake

Serves 10 (1/10th of pan per serving)

Ingredients:

- 4 cups grated zucchini
- 1 cup quick baking mix (Bisquick)
- 1 medium onion, diced
- ½ tsp. pepper
- 1 Tbsp. minced garlic
- ½ cup grated Parmesan cheese
- 2 tsp. dried parsley
- ½ tsp. seasoned salt
- ½ tsp. dried oregano
- 2 Tbsp. canola oil
- 4 eggs

Directions:

Preheat oven to 350 degrees. Grease a 9x13 inch pan. Mix all ingredients and pour into pan. Bake for 30 minutes.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org!

Nutrition Facts

Serving Size 1/10th of pan (107g)
 Servings Per Container 10

Amount Per Serving

Calories 130 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 310mg **13%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 6g

Vitamin A 6% • Vitamin C 15%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Color a
Zucchini!

