

# 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, onions, garlic and bell peppers.

Sauté zucchini, yellow summer squash, mushrooms, tomatoes, 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! Household and community gardens are overflowing with an abundance of produce, sometimes overwhelmingly so. Tell us your strategies for capitalizing on this windfall of fruit and vegetable goodness. Do you share, put up, 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, 2014 by e-mail to [HOMstories@lacrossecounty.org](mailto:HOMstories@lacrossecounty.org) or send us a facebook message at [www.facebook.com/GetActiveLaCrosseCounty](http://www.facebook.com/GetActiveLaCrosseCounty)

## Nutrition Facts

Serving Size 1/8th pizza (254g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 80
	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 5g	
<b>Protein</b> 18g	
Vitamin A 15%	• Vitamin C 60%
Calcium 35%	• Iron 15%

\*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

## Zucchini Pizza

Serves 8

### Ingredients:

- 8 cups finely shredded zucchini
- 1 tsp. coarse salt
- 1 cup shredded cheddar cheese
- 2/3 cup whole wheat flour
- 2 cloves garlic, minced
- 3 tsp. dried oregano
- 1 tsp. basil
- 2 eggs, beaten
- 1 cup pizza sauce
- 2 cups mozzarella cheese

### Directions:

Preheat oven to 450 degrees. In a large bowl, toss zucchini with salt and set aside for 15 minutes. Squeeze the excess moisture out of the zucchini; remove as much water as possible. Return zucchini to bowl and add in cheese, flour, garlic, oregano, basil, and eggs; stir until combined. Place zucchini mixture onto a piece of parchment paper; spread crust to form a circle about 14 inches in diameter. Place pizza crust on cookie sheet or pizza stone and bake for 10-15 minutes or until the crust starts to brown. Top pizza with sauce and cheese, bake for an additional 5-10 minutes or until cheese is brown.

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org/](http://www.GetActiveLacrosse.org/)

Color a  
Zucchini!

