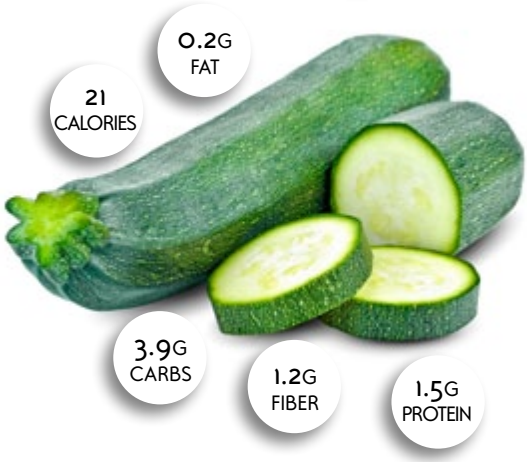
FAMILY CONNECTIONS

Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

TASTEFUL HARVEST

ZUCCHINI



✓Cholesterol-Free ✓Fat-Free
✓Low-Sodium ✓Low-Calorie
✓ Gluten-Free

Provides 32 percent of your daily needs of vitamin C in one serving. Good source of vitamin B6, riboflavin, and maganese

HOW TO PICK THE BEST

- Choose zucchini that have smooth, shiny skin and feel heavy for their size.
- Look for ripe zucchini that are firm and give slightly to gentle pressure.
- Store whole zucchini in a plastic bag in the refrigerator for up to one week.
- Keep sliced zucchini in a sealed bag or container for up to three days.

HEALTHY SERVING SUGGESTIONS

- Sauté chopped zucchini, yellow squash, onions, and peppers.
- Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into low-fat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano.
- Sprinkle with low-fat cheese and serve as a warm side dish.

HERBED VEGETABLE COMBO

Makes 4 servings.½ cup each.
Cook time: 10 minutes

Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper cut into strips
- ¼ cup celery cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ½ teaspoon garlic powder
- 1 medium tomato cut into wedges

Directions:

- Heat water in medium pan.
- Add 1 zucchini, squash, bell pepper, celery, and onion.
- Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes).
- Sprinkle vegetables with seasonings.
- Top with tomatoes.

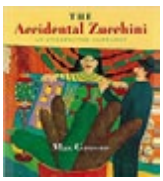
- Cover again and cook over low heat until tomatoes are warm (about 2 minutes).
- Serve warm.

Nutrition information per serving: Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Adapted From: https://harvestofthemonth.cdph.ca.gov/documents/Summer/Zucchini/Zucchini_Fam.pdf

READING FUN

The Ghost and Max Monroe Case #2 The Missing Zucchini by L.M. Falcone



The Accidental Zucchini by Max Grover

Zora's Zucchini by Katherine Pryor

The Giant Zucchini by Catherine Siracusa

ZUCCHINI FUN FACTS

- Zucchini squash is so prolific in home gardens that there is an official night designated for getting rid of it: National Sneak Some Zucchini Onto Your Neighbor's Porch Night (August 8).
- Zucchini are 95% water. They're a super low-cal snack at just 25 calories each.
- The Italians brought zucchini to the United States in the 1920s.
- Think your zucchini are huge? How do they measure up to the world's largest zucchini? It was 69 1/2 inches long, and weighed 65 lbs. The proud of gardener was Bernard Lavery of Plymouth Devon, in the U.K.
- Need more reasons to eat zucchini? Try this on for size: Zucchini is fat-free, cholesterol-free, low in sodium, rich in manganese and vitamin C and has more potassium than a banana. The nutrients found in zucchini can fight off cancer and heart disease.

ACTIVITY: BUILD A ZUCCHINI RACER

When your garden is overrun by zucchini and your family rebels at the prospect of eating yet another loaf of zucchini bread, turn your bumper crop into a fleet of funky veggie-mobiles. With this simple yet creative activity, your child will practice their fine motor skills while creating a toy from everyday objects. Bonus: The chance to play creatively with food may even turn your child into a veggie lover!

What You Need:

- Small to medium-sized zucchini (about 8-10 inches in length).
- Dowels, wire, or pipe cleaners
- 1½-inch wooden wheels (available at craft stores)
- Decorative art supplies such as stickers, paint, glitter glue, etc.

What You Do:

1. Lay zucchini on your child's workspace.
2. Help her poke two dowels, wires, or pipe cleaners through the zucchini: one at the front and one at the back. These will be the axles! It may be easier to poke holes in the zucchini with a toothpick before inserting the axles.
3. Attach a wheel to each axle on either side of the zucchini.
4. Personalize the racer using decorative art supplies. Add eyes, hair, spots, sparkles—the only limit is your child's imagination! Once the racer is constructed, build on the activity by creating a "road" on a large sheet of paper, making traffic signs from cardboard, or constructing a ramp to roll the zucchini racer down.