

# Farm Fresh Friday: Zucchini



## Fun Facts

- Zucchini contains potassium, vitamin A, vitamin C, folate, calcium iron and fiber.
- Zucchini are most flavorful when small or medium in size.
- One half pound of zucchini makes about 1.5 cups of sliced or shredded zucchini.
- Zucchini comes in many shapes and sizes, including round varieties.
- National Zucchini Day is August 8<sup>th</sup>!

According to Guinness World Records, the longest zucchini ever grown was 8 feet 3.3 inches in Niagara Falls, Ontario, Canada.

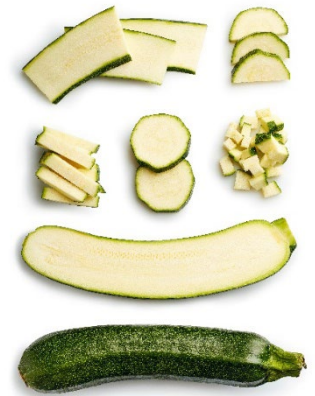


*Provided by SNAP-Ed Washington State University Extension*

## Preparation and Storage

Zucchini is versatile. Use as a side dish, salad topping or shredded into a sandwich wrap. Cooking methods include steaming, sauteing, grilling, or baking. Spiralized zucchini is often used in place of pasta in spaghetti and lasagna. Eating raw zucchini can be a good way to add crunch to your meal.

Wash thoroughly prior to use. Cut to remove the stem and end of the zucchini. Refrigerate fresh or cooked for 3-5 days. Freezing can extend shelf life for up to 8-12 months.



## Zucchini Seasonality

May

June

July

August

September

October



Zucchini

# Zucchini Muffins

## Ingredients

Sugar	1 qt + 1 cup
Canola Oil	1.5 cups
Yogurt, plain	1.5 cups
Eggs, large	9 each
Zucchini, fresh, grated, liquid squeezed out	10 cups
Vanilla	3 Tbsp
Flour, all purpose	5 cups
Flour, whole wheat	6.25 cups
Salt	1 Tbsp
Baking Soda	1 Tbsp
Baking Powder	¾ tsp
Cinnamon	3 Tbsp

## Directions

1. Prepare muffin tins by spraying liberally with pan spray or line with paper liners. Preheat oven to: Conventional 350 degrees, Convection 325 degrees.
2. Beat or mix well: sugar, eggs, oil, yogurt, vanilla, and zucchini. Stir or mix well to dissolve sugar and combine.
3. In a separate bowl, mix dry ingredients to combine. Pour dry ingredients into wet ingredients. Stir or mix for 1-2 minutes to combine. Do not overmix. The batter will be slightly lumpy.
4. Scoop 1/3 cup into each tin using a #12 scoop.
5. Bake: Conventional oven: 20-25 mins, Convection oven: 16-20 mins.  
**CCP: Heat to an internal temp of 165° F for 15 seconds.**
6. Cool completely before serving.

## Serving Size

## 1 Serving Provides

## Yield

2.25 oz

2 oz whole grain, 1/8 cup other vegetable

75

*Recipe adapted from Illinois Harvest of the Month*

# Activity

## Conversation Cards

1. Print Conversation Cards from Oregon State University's Food Hero activity sheets: [https://foodhero.org/sites/foodhero-prod/files/activity-sheets/fh\\_convocards\\_eng.pdf](https://foodhero.org/sites/foodhero-prod/files/activity-sheets/fh_convocards_eng.pdf).
2. Discuss topics from Conversation Cards with students. Can provide to student to discuss amongst themselves as well.

*Provided by Oregon State University Extension Service's Food Hero*



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