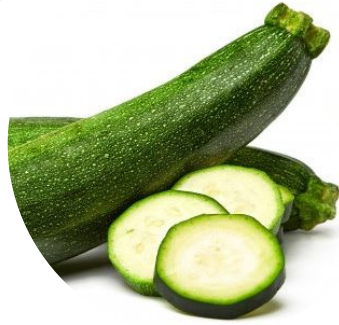


JERSEY TASTES! ACTIVITY SHEETS

Zesty Zucchini



NUTRITION FACTS:



1. Zucchini is rich in water and fiber, two compounds which can promote healthy digestion.
2. The fiber, potassium, and carotenoids in zucchini may lower blood pressure, cholesterol, and risk factors for heart disease.

RECIPES:



Lunch/Dinner:

- [Zucchini Hummus Wrap](#)
 - [Jersey Tastes! Cooking Series Zucchini Hummus Wrap](#)
- [Jersey Fresh Zucchini Crust Pizza](#)
 - [Jersey Fresh Video Zucchini Crust Pizza](#)
- [Jersey Fresh Zucchini Boats](#)
 - [Jersey Fresh Video Zucchini Boats](#)
- [Jersey Fresh Zucchini Ratatouille](#)
 - [Jersey Fresh Video Zucchini Ratatouille](#)

Dessert:

- [Zucchini Brownies](#)

ALL ABOUT NEW JERSEY!

Zucchini is in season in New Jersey during the warm summer months, during June, July, and early August.



HOW DOES IT GROW:

You can easily grow zucchini yourself in your backyard or school garden. When adding zucchini to your garden, just one plant should do it. A zucchini plant yields a large harvest, producing abundant amounts for several months. One zucchini plant can produce six to ten pounds of zucchini over the course of one growing season.

ACTIVITIES:

Pre-K:

- [Vegetable Castles Lesson Plan](#)

Lower Elementary:

- [Eat 'Em Up Lesson Plan & Zora's Zucchini Read Aloud](#)

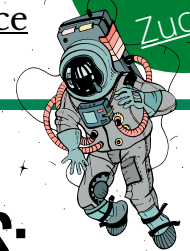
Upper Elementary:

- [Commit to Health Fun Experiential Activities - Summer Squash](#)

Middle/HS:

- [Diary of A Space Zucchini](#)
- [Growing Plants In Space](#)

Fun for all ages:
Space Zucchini



FUN FACTS:

1. Both the zucchini and the flower part of a zucchini plant are edible.
2. The largest zucchini ever recorded grew to be nearly 70 inches long and weighed 65 pounds!