

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Zucchini Activity Sheet

ALL ABOUT NEW JERSEY!

Zucchini is in season in New Jersey during the summer months: June, July & August.

NUTRITION FACTS:

The vibrant green skin of zucchini is full of nutrients. It is especially high in vitamin C which supports the immune system and vitamin B6. It is a good source of fiber, which helps keep your digestion regular and keeps you satisfied longer



FUN FACTS:

Both the zucchini and the flower part of a zucchini plant are edible.

The longest zucchini recorded was 8 feet 3.3 inches long! And the biggest weighed more than 64 pounds.

MADE IN COLLABORATION WITH:



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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. One zucchini plant can produce six to ten pounds of zucchini

RECIPES:



• Zucchini Hummus Wrap

◦ [Jersey Tastes! Cooking Series](#)

• Zucchini Crust Pizza

◦ [Jersey Fresh Video](#)

• Zucchini Boats

◦ [Jersey Fresh Video](#)

• Zucchini Ratatouille

◦ [Jersey Fresh Video](#)

• Zucchini Salad

• Zucchini Brownies



Indicates plant-based, center of the plate meal

ACTIVITIES:



NJ Climate Change Standards & Connections to Agricultural Literacy

Pre-K:

- [Vegetable Castles Lesson Plan](#)

Lower Elementary:

- [How to Grow a Monster: The Needs of a Zucchini Plant](#)

Upper Elementary:

- [Fun Experiential Activities](#) +

Middle/HS:

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

Fun for all ages:
Space Zucchini

