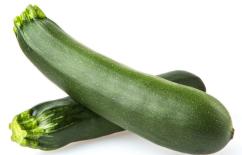
# Jersey Tastes!

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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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:**

- <u>Zucchini Hummus Wrap</u>
  - Jersey Tastes! Cooking Series
- Zucchini Crust Pizza
  - Jersey Fresh Video
- Zucchini Boats
  - Jersey Fresh Video
- Zucchini Ratatouille
  - Jersey Fresh Video
- <u>Zucchini Salad</u>
  Jersey Tastes! Cooking Series
- <u>Zucchini Brownies</u>
  - Jersey Tastes! Cooking Series

Indicates plant-based, center of the plate meal

## **ACTIVITIES:**

NJ Climate Change Standards & Connections to Agricultural Literacy

#### Pre-K:

• <u>Vegetable Castles Lesson Plan</u>

Lower Elementary:

How to Grow a Monster: The Needs
 of a Zucchini Plant
 for all

Space

Upper Elementary:

• <u>Fun Experiential Activities</u> +

Middle/HS:

- Diary of A Space Zucchini
- Growing Plants In Space