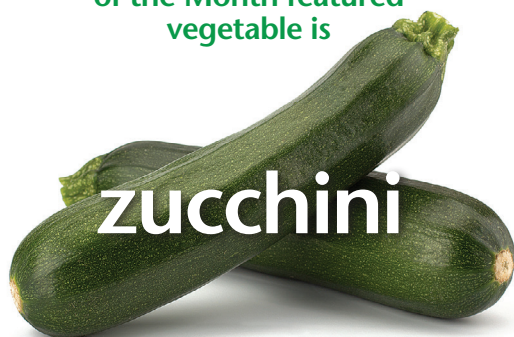


North Carolina Harvest of the Month

STEPS TO HEALTH

The North Carolina Harvest of the Month featured vegetable is



zucchini

Health and Learning Success Go Hand-in-Hand

Learning does not end when the school day ends. And neither does the need for healthy food choices! Growing students need nutritious foods all year long to help the body and mind grow and function. *Harvest of the Month* can help your family eat healthy and be more active.



Healthy Serving Ideas

- Sauté chopped zucchini, yellow squash, onions, and peppers. Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into lowfat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano. Sprinkle with lowfat cheese and serve as a warm side dish.
- Zucchini is delicious grilled, served on its own with some olive oil, salt and pepper, or chopped into a grilled veggie salad.



Herbed Vegetable Combo

Makes 4 servings. 1/2 cup each.

Cook time: 10 minutes

Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1 1/4 cups thinly sliced yellow squash
- 1/2 cup green bell pepper, cut into strips
- 1/4 cup celery, cut into 2-inch strips
- 1/4 cup chopped onion
- 1/2 teaspoon caraway seeds
- 1/8 teaspoon garlic powder
- 1 medium tomato, cut into wedges

Directions:

1. Heat water in medium pan. Add 1. zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes).
3. Sprinkle vegetables with seasonings. Top with tomatoes.
4. 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: *Everyday Health Meals, Network for a Healthy California, 2007.*

Home Grown Facts

- Zucchini is a type of soft shell summer squash. Zucchini is actually the fruit of the plant but is considered a vegetable because of the nutrients it provides. Some zucchini grow on bushes, others on vines.
- The zucchini plant develops flowers, known as squash blossoms, which can be eaten. After the flowers are pollinated, zucchini will begin to grow just behind the flower. As the squash grows, the flower dries up and falls off.



- In North Carolina, summer squash, like zucchini, are available in the spring and fall. The majority of zucchini is grown in Sampson and Henderson counties. Many family farms and backyard gardens across NC also grow zucchini.

- Other summer squash include the yellow Crookneck and Straightneck squashes and scalloped Pattypan squash.

www.ces.ncsu.edu



BE AN ACTIVE FAMILY!

The summer months are a great time to be active outdoors. Create a weekly family calendar of ways to be active together as a family. Limit TV, video games, computer and mobile device use to no more than 2 hours a day. Get out and play!

North Carolina Harvest of the Month

STEPS TO HEALTH

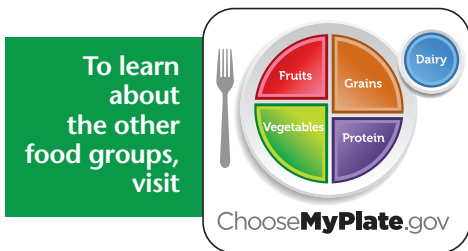
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Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of an overall healthy, balanced diet.
- Fruits and vegetables are also a good source of many vitamins and minerals which may lower the risk of serious health problems.
- Zucchini provides vitamin C. This vitamin helps your body heal cuts and wounds and lowers your risk of infection.
- Zucchini is also a source of vitamin B₆. This vitamin helps your body build healthy blood cells. It is also needed to help build proteins and release energy.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!



How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

How Much Zucchini?

- A half cup of sliced zucchini is about one cupped handful.
- A half cup of sliced zucchini is a good source* of vitamin C.
- It also provides a source of manganese.

*Good sources provide 10–19% Daily Value

Nutrition Facts

Serving Size: ½ cup zucchini, sliced (57g)

Calories 9	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 16%	Iron 1%

ACTIVE ADULTS: You don't need to complete all 30 minutes of recommended daily physical activity at once. Try a brisk 10-minute walk in the morning, take the stairs throughout the day, and go for a walk after dinner. By the end of the day, you may have met your activity goals!

Produce Tips

- Look for zucchinis with shiny skin that feel heavy for their size. Ripe zucchinis should feel slightly firm.
- Keep whole zucchinis in the refrigerator for up to five days. Wash zucchinis just before using.
- Put sliced zucchinis in a sealed plastic bag. Keep in the refrigerator for up to two days.



More Zucchini Each Day

- Add extra shredded zucchini to **zucchini bread**. Bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and adding in raisins.
- Sauté chopped zucchini, onions, and bell peppers to add to chicken **enchiladas**.
- Sauté zucchini **sticks** with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.