

# Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured vegetable is **zucchini**



## Health and Learning Success Go Hand-in-Hand

More studies are showing a connection between physical activity and classroom performance, including better results on state reading and math tests! Even short activity breaks during the day can improve your child's concentration skills and behavior. *Harvest of the Month* focuses on improving students' health and well-being, which can help them achieve more in school.

## Produce Tips

- Choose zucchini that have smooth, shiny skin and feel heavy for their size.
- Look for ripe zucchini that are firm and give slightly to gentle pressure.
- Store whole zucchini in a plastic bag in the refrigerator for up to one week.
- Keep sliced zucchini in a sealed bag or container for up to three days.

For more information, visit:  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## 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.

## HERBED VEGETABLE COMBO

**Makes 4 servings.** ½ cup each.

**Cook time:** 10 minutes

### Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ⅛ teaspoon garlic powder
- 1 medium tomato, cut into wedges

1. Heat water in medium pan. Add 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.

## Let's Get Physical!

- **At home:** Get moving while cleaning! Dance while you sweep, vacuum, fold laundry, and wash dishes.
- **At work:** Speed walk! If you normally walk to a lunch spot in 10 minutes, walk to get there in 7 minutes.
- **At school:** Organize a beautification day at your school or local park. A clean and safe environment is the best place for families to get physical activity.

For more ideas, visit:

[www.keepcaliforniabeautiful.com](http://www.keepcaliforniabeautiful.com)

## Nutrition Facts

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

Calories 9

Calories from Fat 1

	% 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%

## How Much Do I Need?

- A ½ cup of sliced zucchini is about one cupped handful.
- A ½ cup of sliced zucchini is a good source of vitamin C.
- It also provides a source of manganese. This mineral is involved in the formation of bone and connective tissue. It is important for growing children.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much you need.

## Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

## What's in Season?

California grown zucchini are in peak season during summer. They are usually available from May through September. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: grapes, green beans, melons, peppers, swiss chard, and tomatoes.