



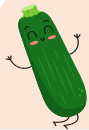
# HARVEST OF THE MONTH

MARCH 2021

## ZUCCHINI



## FAST FACTS



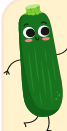
Zucchini is rich in potassium & magnesium which helps heal wounds faster and build strong bones!



Zucchini is rich in lutein which is important for eye health and protecting your eyes from UV rays from the sun!



Zucchini can grow as large as 3 feet long but is usually harvested when it's smaller because they have a better flavor.



Zucchini, like most vegetables, is full of fiber which helps keep you fuller for longer and your heart healthy!

## VARIETIES

4 Unique Types of Zucchini

### Gourmet Gold

With its bright and sunny yellow hue, Gourmet Golds are sure to brighten up any summer dish!

### Zephyr

Zephyrs have a unique, nutty flavor and are yellow on top and green on the bottom.

### Rampicante

Rampicante squash are long and thin with a sweet flavor. These squash are great in dishes like ravioli!

### Black Beauty

One of the most popular type of zucchini, the Black Beauty is known for its dark green, almost black color & creamy white inside.

## IDEA FARM



IDEA Farms have been hard at work growing Zucchini for our scholars! We are eagerly waiting for our farms to harvest the Zucchini to be used in our special recipe IDEA Muffin Top recipe. The Muffin Top will be served on Wed. 3/24 during National School Breakfast Week!

