IDEA Public Schools is an equal opportunity provider.

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

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!

**ZUCCHINI**

**VARIETIES**

4 Unique Types of Zucchinis

- **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**