

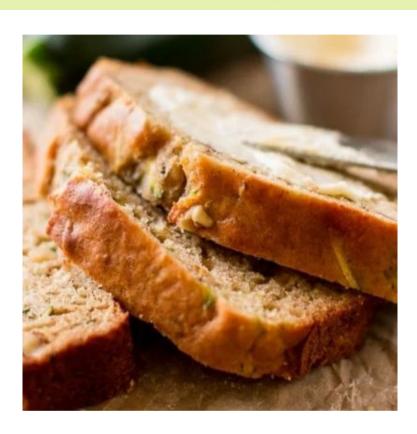
Try the April Harvest of the Month!

Zucchini





Greek Yogurt Zucchini Bread



Ingredients

- 1/3 cup oil
- 1/2 cup honey
- 1 large egg, at room temperature
- 1/2 cup plain Greek yogurt
- 1 and 1/2 teaspoons pure vanilla extract
- 1 and 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup shredded zucchini
- optional: 3/4 cup (95g) chopped walnuts, (115g) raisins, or (135g) chocolate chips

Instructions

- 1. Preheat the oven to 350°F and grease a pan.
- 2. Whisk the oil, agave, egg, yogurt, and vanilla together in a medium bowl until combined. In a large bowl, whisk the flour, baking powder, baking soda, salt, and cinnamon together. Pour the wet ingredients into the dry ingredients and mix with a large wooden spoon or rubber spatula until combined. Avoid overmixing. Fold in the zucchini, orange zest, and walnuts.
- 3. Spread batter into the prepared loaf pan. Bake for 40-50 minutes. Baking times vary, so keep an eye on yours. The bread is done when a toothpick inserted in the center comes out clean. If you find the top of the bread is browning too quickly in the oven, loosely cover it with aluminum foil.
- 4.Remove the bread from the oven and set on a wire rack. Allow to cool completely before slicing and serving. Cover and store leftover bread at room temperature for up to 5 days.



Zucchini

VARIETIES

Green Zucchini

Yellow Zucchini

Round Zucchini











The most common variety, with a mild flavor and smooth texture. It can be used in a variety of dishes like stir-fries, soups, or baked goods.

Similar to green zucchini, but with a vibrant yellow color. The flavor is also mild, and it's often used interchangeably with green zucchini in recipes.

A unique, ball-shaped variety.
This variety is great for stuffing and baking, as the round shape allows for creative presentations.

Zucchini FAST FACTS

Native to the Americas but was cultivated and spread around the world after European settlers introduced it.

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Can be eaten raw, sautéed, grilled, roasted, or baked. It's a versatile ingredient in everything from salads and stir-fries to baked goods like zucchini bread.



It is a fast-growing plant, often ready for harvest in about 45 to 55 days after planting.

Supports digestive health, promotes hydration due to its high water content, and provides antioxidants that help fight inflammation.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2025 school year.



IDEA Elsa IDEA Edgemere IDEA Donna IDEA Bridge

IDEA Rundberg IDEA San Benito IDEA Monterrey Park IDEA Burke IDEA Eastside IDEA Quest IDEA Horizon Vista IDEA Achieve



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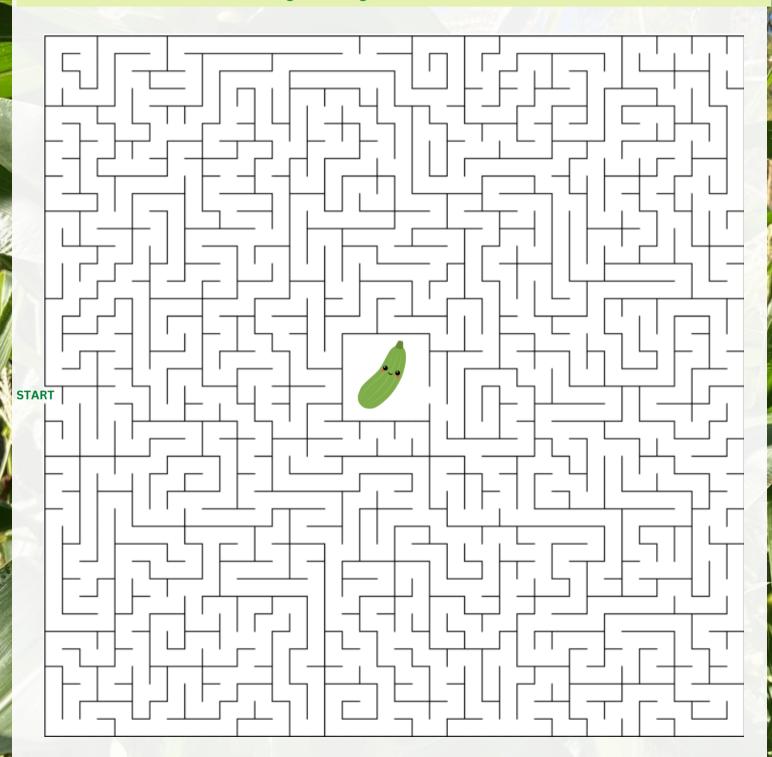


Coloring Activity





Directions: Find your way to the Zucchini!



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Word Search

Directions:

- Find the Zucchini related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

			Antioxidant Green Hydrating Sautéed							Baked Grilled Roasted Yellow					Fresh Harvest Round Zucchini						
			VAA.			1					¥	1///									
	A	Q	×	K	L	M	I	Т	C	G	E	W	Q	W	K	0	0	M	Т	Р	
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	I	V	Q	J	D	Z	D	Т	0	G	Ν	I	Т	А	R.	D	Υ	Н	Т	Ε	
	J	K	Z	Ε	L	G	E	U	Р	В	М	V	5	0	Ν	Ε	R	E	Ν	D	
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	Υ	R	L	5	В	L	Ε	Ν	D	R	G	Т	Υ	Ν	L	U	Ε	5	D	J	



Word Scramble

Directions:
Unscramble the Zucchini Related Words!

Scrambled Word	Unscrambled Word
1. INHZUCIC	
2. EGNRE	
3. YLLOEW	
4. DNUOR	
5. GADNHITYR	
6. VTHSERA	The Sales of the s
7. ATITDNOAIXN	
8. EKADB	
9. HERSF	
10. DTSUEAÉ	
11. LLGRDIE	
12. ASDROET	

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ANSWER KEY

4.Round 5.Hydrating 6.Harvest

2. Green 3. Yellow

17. Grilled 12. Roasted

9. Fresh 10. Sautéed

7. Antioxidant 8. Eaked