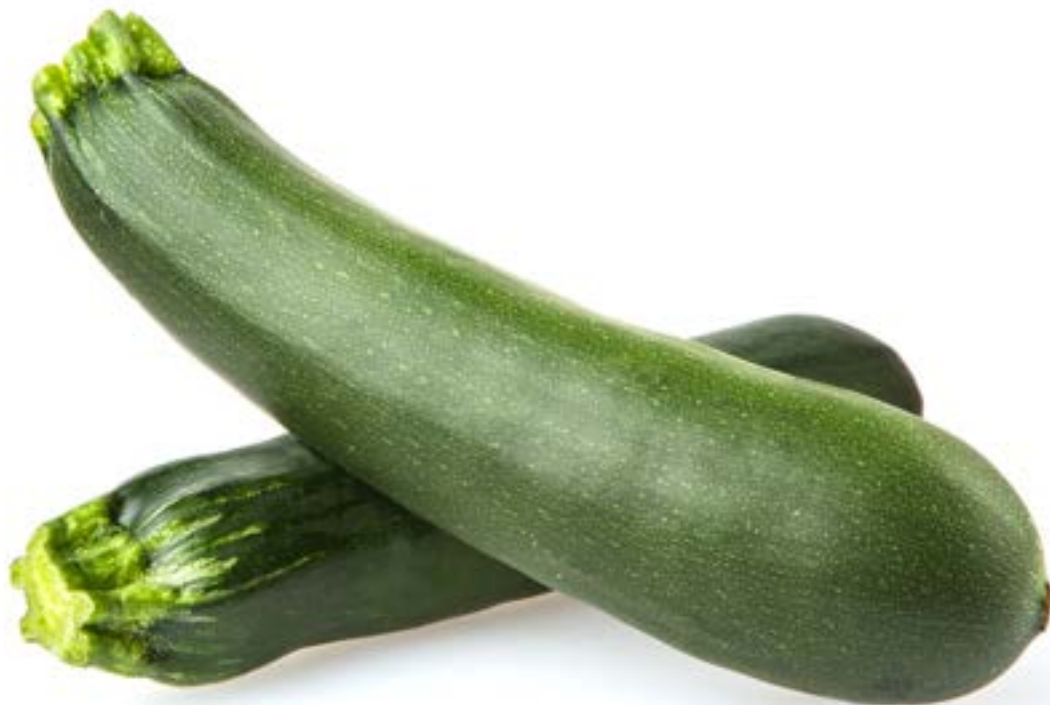




Try the
April Harvest of the Month!

.....
Zucchini
.....



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IDEA Child Nutrition Program April 2025 Harvest of the Month Recipe

Protein Packed 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.



IDEA Child Nutrition Program April 2025 Harvest of the Month

Zucchini

VARIETIES

Green 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.

Yellow Zucchini



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.

Round Zucchini



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.

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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IDEA Child Nutrition Program April 2025 Harvest of the Month

Coloring Activity





IDEA Child Nutrition Program April 2025 Harvest of the Month

Directions:
Find your way to the Zucchini!

START





IDEA Child Nutrition Program April 2025 Harvest of the Month

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

A	Q	X	K	L	M	I	T	C	G	E	W	Q	W	K	O	O	M	T	P
T	N	P	C	K	I	R	Q	A	E	R	M	P	H	Y	U	Y	I	N	R
S	S	D	P	X	Z	J	N	Z	D	C	E	M	V	E	E	G	X	A	O
V	A	E	B	Z	U	C	C	H	I	N	I	E	D	L	Y	A	M	D	G
S	V	U	V	F	R	E	S	H	L	D	R	J	N	L	K	B	M	I	R
J	N	O	T	R	U	C	Z	O	W	O	J	O	J	O	E	C	I	X	I
X	A	J	F	E	A	Y	K	J	A	G	I	J	N	W	R	R	M	O	L
D	H	W	N	I	E	H	L	S	R	N	R	A	S	G	H	E	Q	I	L
I	V	Q	J	D	Z	D	T	O	G	N	I	T	A	R	D	Y	H	T	E
J	K	Z	E	L	G	E	U	P	B	M	V	S	O	N	E	R	E	N	D
C	S	K	H	J	D	N	C	H	C	Y	T	B	X	P	F	L	Y	A	I
T	A	M	E	H	D	R	Z	B	H	O	J	Q	I	H	P	A	I	C	G
B	D	H	X	W	D	U	Z	K	Y	S	J	W	R	Y	L	Z	B	B	T
Z	Y	W	F	X	A	E	H	O	R	Z	S	X	C	K	K	U	G	R	J
Y	R	L	S	B	L	E	N	D	R	G	T	Y	N	L	U	E	S	D	J



IDEA Child Nutrition Program April 2025 Harvest of the Month

Word Scramble

Directions:
Unscramble the Zucchini Related Words!

Scrambled Word

Unscrambled Word

1. INHZUCIC
2. EGNRE
3. YLLOEW
4. DNUOR
5. GADNHITYR
6. VTHSERA
7. ATITDNOAIXN
8. EKADB
9. HERSF
10. DTSUEAÉ
11. LLGRDIE
12. ASDROET

ANSWER KEY

- | | |
|----------------|--------------|
| 12. Roasted | 6. Harvest |
| 11. Grilled | 5. Hydrating |
| 10. Sautéed | 4. Round |
| 9. Fresh | 3. Yellow |
| 8. Baked | 2. Green |
| 7. Antioxidant | 1. Zucchini |

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