

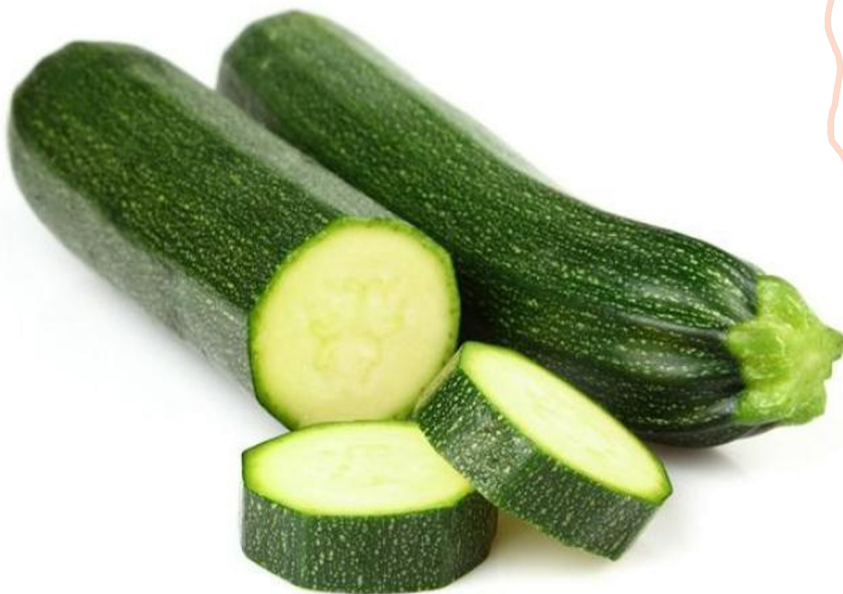
Zucchini

Zucchini is part of the gourd family along with melons, pumpkins, and other squash.

Zucchini is a type of summer squash, meaning its skin is thin and edible. It can be enjoyed raw or cooked.

Zucchini is an important source of vitamin C and potassium.

To retain the most nutrients, leave the skin on when eating!



Georgia's commercial squash production is concentrated in south Georgia.

Zucchini squash is in season in GA from May through October

#OhMySquash is the highlighted item this year for GA Farm to School Month in October.

Access a bounty of resources online at <https://georgiaorganics.org/for-schools/octoberfarmtoschoolmonth>



Georgia Department of Education School Nutrition



SUMMER SQUASH

Botanical Name: Cucurbita pepo

Plant family: Cucurbits



Zucchini

Quick-growing, best picked small, young, and tender. Zucchini are easy to miss on the plant, so look carefully! The darker the skin, the more green or vegetal the flavor!



Patty Pan

Coming in various shades of green, yellow, and white, this squash is firmer, milder in flavor, and slightly drier than other squash varieties, making it perfect for the grill or for stuffing. The blossoms are also good for stuffing.



Cousa Squash

From the Middle East and typically found in Lebanese and Syrian recipes, this squash is similar to zucchini, with thin skin, and tender, slightly sweeter flesh. It is great stuffed, grilled, or sautéed. Also sometimes spelled "Kusa".



Yellow Straightneck

Tender and perfect for raw, squash ribbon summer salads. Use this interchangeably with zucchini!



Ronde de Nice

A spherical, French heirloom variety that is great for stuffing.



Zephyr Squash

This two-toned hybrid is firm, has a slightly nutty flavor, and is high yielding. Use it the same way you might use yellow squash!



Yellow Crookneck

A classic, easy-to-grow, prolific variety of squash, typically denser than its straightneck cousin.

Fun Facts



The **entire squash plant**, the leaves, tendrils, shoots, stems, flowers, seeds, and fruit, **can be eaten**.



Summer squash is harvested immature and eaten while the **skin** is still **tender**. **Winter** squash is harvested at full maturity and grows a **thick skin**, which helps it **store longer**.

Summer squash are a good source of **vitamin C, fiber, vitamin A, and potassium**.

Summer squashes are **95% water!**

Summer squash is technically not a vegetable, but a "**pepo**," a **type of hard-walled berry**.

There is evidence of **squash cultivation** going back to at least **8,000 B.C.** in Central Mexico, Peru, and the Eastern United States.

Squash Jokes

Q: What is a zucchini's favorite sport?

A: Squash!

Q: What do you get when Bigfoot stomps on your garden?

A: Squash!

Q: What does a vegetable wear to the beach?

A: A zucchini

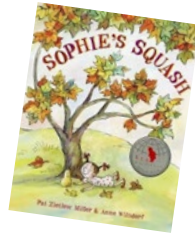
Q: How did the farmer fix his torn jeans?

A: With a vegetable patch!



Children's Books

Sophie's Squash
Pat Zietlow Miller



**Sophie's Squash
Go To School**
Pat Zietlow Miller



Carlos and the Squash Plant
Jan Romero Stevens



Zora's Zucchini
Katherine Pryor



Squash Boom Beet
Lisa Maxbauer Price



Squash Pie
Wilson Gage



The Giant Zucchini
Catherine Siracusa



The Accidental Zucchini
Max Grover



Zucchini Pizza Bites

Ingredients:

3 large zucchini,
sliced into 1/4" rounds



Extra-virgin olive oil,
for brushing



1/4 c. marinara
or pizza sauce



1/3 c. shredded
mozzarella



*Optional
Ingredients:*

1/3 c. mini pepperoni
Dried oregano or other
herb, for sprinkling

Directions:

Preheat oven to 400°.

Place zucchini slices on a
baking sheet and brush with
olive oil.

Bake until slightly tender,
5 minutes.

Spoon a thin layer of sauce
over each slice, then top
with mozzarella and mini
pepperoni. Sprinkle with
dried oregano and bake
until zucchini is tender and
cheese is melted,
10 minutes.



Sources

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