

JERSEY TASTES! ACTIVITY SHEETS

Zesty Zucchini

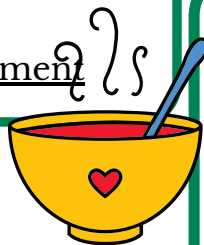


ACTIVITIES:



Pre-K: Watering the Garden Lesson
 Lower Elem: Zora's Zucchini Book
 Upper Elem: Wilbur the Zucchini Eating Dragon & Zoodle Recipe
 Middle: Lesson on Perspective: Zucchini vs. Mouse
 HS: Astronaut Zucchini Experiment
Replica

RECIPES:



Jersey Tastes! Recipe Videos
 Lunch: Grilled Zucchini Hummus Wrap
Recipe & Video
 Breakfast: Zucchini Quiche
 Dinner: Zucchini Lasagna
 Appetizer: Zucchini Carrot Fritters
 Dessert: Double Chocolate Zucchini Bread
 Bonus: Fried Squash Blossoms Recipe & Video

ALL ABOUT NEW JERSEY!

Zucchini is in season in New Jersey during the warm summer months, during June, July, and early August.



HOW DOES IT GROW:

You can easily grow zucchini yourself in your backyard or school garden. When adding zucchini to your garden, just one plant should do it. A zucchini plant yields a large harvest, producing abundant amounts for several months. One zucchini plant can produce six to ten pounds of zucchini over the course of one growing season.

Pretend to be a bee and pollinate some zucchini video



NUTRITION FACTS:

1. Zucchini is rich in water and fiber, two compounds which can promote healthy digestion.
2. The fiber, potassium, and carotenoids in zucchini may lower blood pressure, cholesterol, and risk factors for heart disease.



FUN FACTS:

1. Both the zucchini and the flower part of a zucchini plant are edible.
2. The largest zucchini ever recorded grew to be nearly 70 inches long and weighed 65 pounds!