

# KEWEENAW GROWN FOOD

# ZUCCHINI



**PEAK SEASON**  
Mid-to-late summer.

## HOW TO SELECT & STORE

Choose firm slender zucchini with a bright green color and free of wrinkles. For best quality, harvest zucchini when it is young and tender.

Store zucchini in a plastic bag in the refrigerator for four-to-five days. Do not wash it until you are ready to use it, or it will spoil quickly.

## HEALTH BENEFITS

Zucchini is a good source of vitamin A and vitamin C. Zucchini also provides small amounts of iron, calcium, zinc and several other B vitamins. Zucchini is a good source of both soluble and insoluble fibers, and also has a higher water content than some vegetables. Both fiber and water support digestive health.

## WAYS TO USE

**Savory** - Shred and add to tomato/pasta sauce for added nutrition. Slice and use in stir-fries. Try roasting in the oven for a crispier texture. Cut lengthwise and grill for a rich, almost meat-like flavor.

**Sweet** - Shred and add to pancake/muffin batter. Spice up your classic zucchini bread recipe by adding new spices, flavor extracts (try a coconut extract for a tropical twist), or ingredients like chocolate chips, nuts or dried fruit.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You

can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**