



Zucchini Primer

A summer squash developed by Italian gardeners, zucchini is rich in an antioxidant, vitamin C, riboflavin, folate, B-6, vitamin K and many more essential vitamins. Antioxidants fight heart disease, cancer and other diseases. Zucchini maintains many of its antioxidants after steaming, but not boiling. These also hold up after freezing—so you can harvest in abundance, freeze and enjoy it all year long.

Growing & Harvesting Zucchini

A garden hog, zucchini's large leaves and spreading vines like full sun and moist, well drained soil. Plant zucchini in early spring after danger of frost with an additional planting mid-summer. Supply with a rich compost when first planted, periodic organic fertilizer during the growing season and weed weekly. Harvest when six inches long. Check size daily because they grow quickly—when they get longer than nine inches they lose flavor and nutritional value.

Cooking with Zucchini

Too many zucchini? Try these recipes. Or, slice, blanch in boiling water for two minutes, pat dry and freeze in freezer bags for future use.

Guilt Free Zucchini Dip

Ingredients:

- 16 oz plain no-fat Greek yogurt
- 1 med diced zucchini
- 1 med diced red onion
- 8 cloves of minced garlic
- 5oz crumbled feta
- 1 tsp dill (or more to reach desired)

Instructions:

1. Mix all ingredients in a bowl, stir well.
2. Chill for four hours
3. Serve and enjoy!



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Zucchini Bread

- Ingredients:
- 2 tsp baking soda, pinch of salt,
 - 2 beaten eggs
 - 1 ½ cup sugar
 - 2 tsp vanilla
 - 3 cups shredded zucchini
 - ⅔ cups melted/unsalted butter
 - 3 cups whole wheat flour
 - ½ tsp cinnamon
 - 1 cup chopped nuts of choice (optional)

1. Preheat the oven to 350° and butter two loaf pans (5in x 9in).
2. Mix together sugar, beaten eggs and vanilla in a large bowl.
3. Stir in zucchini and melted butter.
4. Sprinkle the baking soda and salt over the mixture and stir in.
5. Stir in flour ⅓ at a time, making sure it is well mixed prior to adding more.
6. Sprinkle cinnamon and nutmeg over the mixture and stir until combined.
7. If using nuts and berries fold into the mixture.
8. Divide the batter into two equal halves, placing into buttered loaf pans.
9. Bake for 50 minutes and check for doneness by inserting knife or wooden pick into center. If it comes out clean it's done.
10. Cool for ten minutes and then turn out on to a wire rack.

Parmesan Zucchini Fries

- Ingredients:
- 1.5 lbs trimmed zucchini
 - ½ cup all-purpose flour
 - 2 tsp kosher salt
 - ¾ tsp pepper
 - 3 large eggs
 - 1.5 cups Panko or plain bread crumbs
 - ½ cup grated parmesan cheese
 - 1 tbsp chopped dill (optional)
1. Preheat oven to 425° and line two baking sheets with parchment paper.
 2. Slice zucchini into sticks, about 3 inches long.
 3. In one bowl, combine flour, 1 tsp salt and ½ tsp pepper—mix well.
 4. In another bowl, whisk eggs, ½ tsp salt, ½ tsp pepper—mix well.
 5. In third bowl, mix well: bread crumbs or Panko, remaining salt and dill.
 6. Dip zucchini in first bowl to coat well. Then in bowl two, egg mixture. Let excess egg drip off. Coat in bread crumbs, bowl three, and place on baking sheet.
 7. Bake for about 27 minutes, until the coating is golden brown and crisp.



Our Kitchen Table is a non-profit, grassroots community activist organization working for environmental justice and food security in Grand Rapids area urban communities.

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