

Your child has participated in the Community Curriculum Pilot of the Upper Valley Farm to School Network. The culminating lesson of the season shared by our devoted volunteers involved starting zucchini plants to take home. We hope that you and your child will enjoy growing zucchini this summer! Thanks to our volunteers, and teachers for making this pilot possible and successful, and to the Ottauquechee Health Foundation for their financial support of the project.

Congratulations on your starting your own Zucchini Plant! With proper care, you should be able to up to your ears in zucchini by the end of the summer. You can be expert zucchini gardeners and come back to school with your favorite zucchini recipe in the fall!

When you take your plant home, remember the things that all plants need to grow: **Space, water, warmth, and nutrients.**

Sun/Warmth:

While your plant is inside, find a sunny window, or use grow lights. When there is no danger of frost, place it outside in your garden in a place where it gets plenty of sun.

Hardening off:

When plants are started inside, they get used to the cozy warm house, and they are not ready for the strong sunlight, or strong winds. Hardening them off means introducing them slowly to the outside. Bring them out for small amounts of time, in the beginning, adding a little time every day.

Space:

Ask your parents for permission and find a place where the zucchini will have enough space to grow. Zucchini and summer squash like 3-4 feet.

Water:

Keep your soil damp, but do not give it too much water. It needs space to breathe just like us.

Nutrients (FOOD)

Just like us, plants need food to be healthy. Before planting your zucchini outside, add compost to the soil, which contains good nutrients for the plant, such as Nitrogen.

WHEN TO HARVEST?

The flavor of Zucchini is best when harvested small, but if the fruit gets really big, it is great for baking breads and cakes

THE ZUCCHINI CHALLENGE:

How Many recipes can you try over the summer? In this packet, you'll find some fun ideas, but don't stop here! Use cookbooks and the internet to look for more ideas, or ask a friend.

GRILLED ZUCCHINI

Ingredients:

3 large zucchini
3 T Olive Oil
2 teaspoons oregano
1/4 teaspoon rosemary
2 garlic cloves, minced
salt and pepper

Directions:

1. Preheat grill
2. Brush zucchini with olive oil
3. Sprinkle both sides the rest of the ingredients
4. Grill until zucchini is tender, about four minutes on each side.

Saute' Sliced Zucchini in olive oil with minced garlic, or finely chopped onions, season with salt, and serve as a side dish, or atop pasta with grated parmesan cheese.

Zucchini Fritters:

2 cups grated zucchini (salt and drain extra liquid)
1/2 cup flour
1/2 cup scallions or onions finely chopped
1 large egg
a pinch of salt
Olive Oil

Mix ingredients in bowl, and fry on both sides over medium heat until golden on both sides. Serve with sour cream.

Zucchini Drop Cookies

Ingredients:

2 cups flour
1 teaspoon baking soda
3/4 cup brown sugar
1/2 cup butter
1 egg
1/2 t cinnamon
1/2 t ground cloves
1 cup raisins

1 cup chopped nuts
1 cup chocolate chips
1 cup grated zucchini

Directions:

1. Preheat Oven to 375
2. Mix all ingredients together.
3. Drop by teaspoonful onto a greased cookie sheet.
4. Bake for 12-15 minutes

Zucchini Bread

Ingredients:

3 cups zucchini, shredded
4 cups all purpose flour, (or whole wheat pastry flour)
1 cup sugar
½ cup walnuts, chopped and toasted
¼ cup packed brown sugar
5 teaspoons baking powder
1 tablespoon grated lemon rind
1 ½ t cinnamon
½ t salt
¼ t nutmeg
1 ½ cup milk
6 t oil, vegetable
2 t vanilla extract
2 large eggs

Directions

1. Preheat oven
2. Press zucchini between layers of paper towels to remove moisture
3. Combine dry ingredients in a large bowl, and make a well in the middle
4. In a separate bowl, whisk milk, oil, vanilla and eggs. Add zucchini
5. Add dry ingredients to wet and stir until combined.
6. Divide into two greased loaf pans
7. Bake for 70 minutes, test with a wooden toothpick.

RECORD YOUR FAVORITE RECIPES HERE: