The Harvest of the Month featured vegetable is **zucchini**

**Healthy Serving Ideas**
- Sauté chopped zucchini, yellow squash, onions, and peppers. Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into lowfat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano. Sprinkle with lowfat cheese and serve as a warm side dish.

**HERBED VEGETABLE COMBO**
Makes 4 servings. ½ cup each. Cook time: 10 minutes

**Ingredients:**
- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into strips
- ½ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ¼ teaspoon garlic powder
- 1 medium tomato, cut into wedges

1. Heat water in medium pan. Add zucchini, squash, bell pepper, celery, and onion. 2. Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes).
4. Cover again and cook over low heat until tomatoes are warm (about 2 minutes). Serve warm.

**Nutrition information per serving:**
- Calories 24
- Carbohydrate 5 g
- Total Fat 0 g
- Cholesterol 0 mg
- Sodium 6 mg
- Total Carbohydrate 2 g
- Dietary Fiber 1 g
- Sugars 1 g
- Vitamin A 2 %
- Vitamin C 16 %
- Iron 1 %

**Nutrition Facts**
- Serving Size: ½ cup zucchini, sliced (57g)
- Calories 9
- Calories from Fat 1%
- Total Fat 0 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 0 mg
- Total Carbohydrate 2 g
- Dietary Fiber 1 g
- Sugars 1 g
- Vitamin A 2 %
- Vitamin C 16 %
- Iron 1 %

**How Much Do I Need?**
- A ½ cup of sliced zucchini is about one cupped handful.
- A ½ cup of sliced zucchini is a good source of vitamin C.
- It also provides a source of manganese. This mineral is involved in the formation of bone and connective tissue. It is important for growing children.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much you need.

**Recommended Daily Amounts of Fruits and Vegetables**

<table>
<thead>
<tr>
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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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</tbody>
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*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

**What’s in Season?**
California grown zucchini are in peak season during summer. They are usually available from May through September. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: grapes, green beans, melons, peppers, swiss chard, and tomatoes.

**Let’s Get Physical!**
- **At home:** Get moving while cleaning! Dance while you sweep, vacuum, fold laundry, and wash dishes.
- **At work:** Speed walk! If you normally walk to a lunch spot in 10 minutes, walk to get there in 7 minutes.
- **At school:** Organize a beautification day at your school or local park. A clean and safe environment is the best place for families to get physical activity.

For more ideas, visit: [www.keeppcaliforniabeautiful.com](http://www.keeppcaliforniabeautiful.com)

**Internet Resources**
- [www.cachampionsforchange.net](http://www.cachampionsforchange.net)
- [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- [www.mypyramid.gov](http://www.mypyramid.gov)

**For more information, visit**
[www.keeppcaliforniabeautiful.com](http://www.keeppcaliforniabeautiful.com)