

# Harvest of the Month



Network for a Healthy California

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



## Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of sliced zucchinis is a good source\* of vitamin C. This vitamin helps your body heal cuts and wounds and lowers your risk of infection. Zucchinis are also a source of vitamin B<sub>6</sub>. This vitamin helps your body build healthy blood cells. It is also needed to help build proteins and release energy.

\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Add extra shredded zucchini to zucchini bread. Bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and adding in raisins.



Sauté chopped zucchini, onions, and bell peppers to add to chicken enchiladas.



Sauté zucchini sticks with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.



## Shopper's Tips

- Look for zucchinis with shiny skin that feel heavy for their size. Ripe zucchinis should feel slightly firm.
- Keep whole zucchinis in the refrigerator for up to five days. Wash zucchinis just before using.
- Put sliced zucchinis in a sealed plastic bag. Keep in the refrigerator for up to two days.

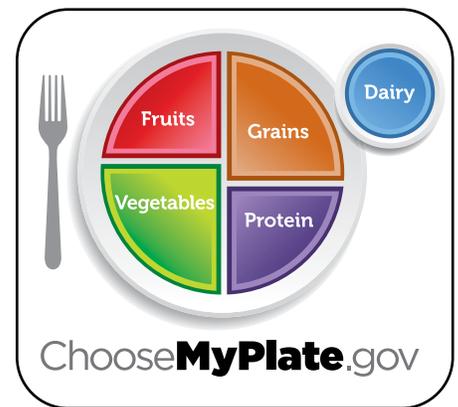
## Let's Get Physical!

You can enjoy team sports without the team. Get a soccer ball and practice kicking the ball back and forth between your feet. Grab a basketball and practice bouncing it from hand to hand. Play with a volleyball to see how long you can keep it off the ground. Challenge yourself and do these actions while jogging back and forth.

## How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:  
[www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)