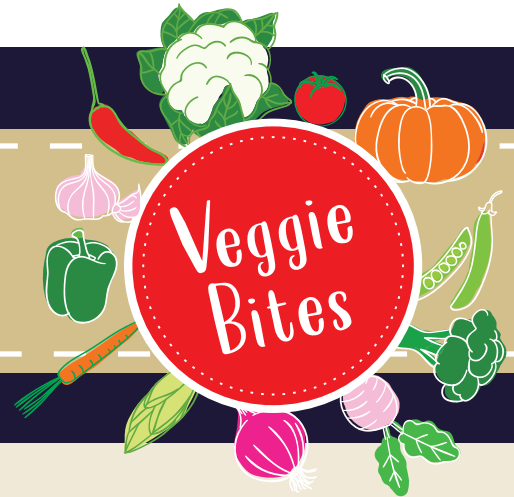


Zucchini Calabacin



Try It!



Selection

When buying zucchini be sure to select the smaller, younger zucchini as it will have a softer skin.

The skin of a zucchini should be firm but glossy and smooth. Avoid the ones with dull surfaces and larger ones as they may be dry and have larger seeds as well as stringy flesh.

Uses

Zucchini is also known as summer squash and will add a mild flavor to just about any dish that calls for vegetables. Zucchini can be used in muffin recipes and bread recipes as well as in stews or to sauté.

AUTUMN VEGETABLE SUCCOTASH

Ingredients

- 2 tablespoons cider vinegar
- 1/4 cup olive oil
- 1 cup onion (diced)
- 2 garlic clove (finely chopped)
- 2 cups bell pepper (red, diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (yellow, diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (frozen)
- 2 teaspoon sage (fresh or dried)

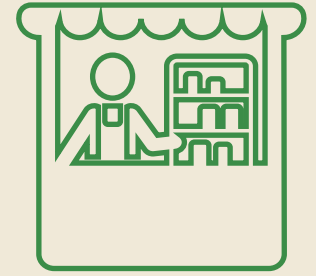
Instructions

1. In a skillet over medium-high heat, add oil
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

History & Fun Facts

Summer squash has been cultivated and used for over 5,000 years by the indigenous people of Central and South America. The word “squash” comes from the Narragansett word “askutasquash” meaning “a green thing eaten raw”.

The summer squash variety called zucchini was originally a tropical or subtropical plant, however summer squash grows easily in Alaska.



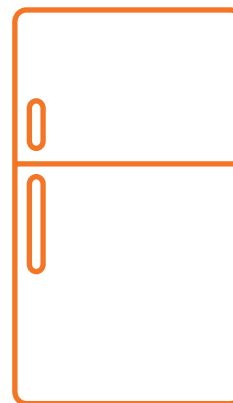
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Keep produce and meats away from each other in the refrigerator.
- Before storing fresh produce, put in a perforated bag
- It is not recommended to use soap or detergent or commercial produce washes when washing fruit and vegetables.
- Dry produce with a clean cloth towel or paper towel, as it will further reduce bacteria that may be present.



NUTRITION FACTS

- _____ Fat free
- _____ Contains lutein
- _____ Sodium free
- _____ Good source of folate
- _____ Good source of Vitamin C
- _____ Good source of potassium



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; Recipe: whatscooking.fns.usda.gov

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