



Gleaning Zucchini



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Zucchini, **Protein:** .15 g, **Fat:** .40 g, **Carbohydrates:** 4 g, **Fiber:** 1.2 g, **Sugar:** 3 g, **Calcium:** 20 mg, **Magnesium:** 22 mg, **Potassium:** 324 mg, **Vitamin C:** 22 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Baked Zucchini with Cherry Tomatoes*

Season: *Summer/Fall*

Ingredients: 2 large zucchini, cut into cubes, 1 pint cherry tomatoes, cut in half, 5 garlic cloves, minced, $\frac{2}{3}$ Cup shredded parmesan cheese, $\frac{1}{2}$ Cup fresh basil, chopped, salt and pepper to taste.

Instructions: 1. Preheat oven to 350 degrees and lightly oil a 9x13 baking dish.
2. Toss all ingredients in a bowl until combined and evenly coated, then transfer to the baking dish.
3. Bake covered OR uncovered (for crispiness) for 25-30 minutes.

Fun Facts:

- ★ Zucchini's contain 95% water.
- ★ The flower of the zucchini plant is also edible and fried squash blossoms are considered a delicacy.
- ★ Small to medium sized zucchini's are the most flavorful and the darker the skin, the richer the nutrients.
- ★ Zucchini's were first brought into the United States in the 1920's by Italians.
- ★ Zucchini's have more potassium than bananas.

Source: *NationalKaleDay.org*

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
Or to make a donation,

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