

Beyond



Z-Z-Z-Z-Z-Z

Zucchini

Recipes:

A B O U T This popular summer vegetable was first grown in South America. It is a type of squash. The Indians in South America who first grew squash called it “askutasquash,” which means “green thing eaten green.” The zucchini’s skin can be dark to light green. Sometimes it has yellow markings that give it a freckled or striped look. Fresh zucchini is available all year in most markets, but it is really in season from late spring through summer. In the market, select zucchini that are about 6 to 8 inches long. They are the most tender and sweet. When zucchini grow too big, their skins get tough and the insides become watery. The skin on zucchini should look clean and have a bright color. Store in a cool place.

How do you like these Squash?

Zucchini is part of the squash family. Some squash, like zucchini, are called summer squash because they are picked in warm weather and only keep for a few days. Yellow crookneck, patty pan and spaghetti squash are all summer squash you should try. Winter squash are ready to pick at the end of the summer and fall. They have a harder shell and can sometimes be stored for months. Most winter squash are sweet. Acorn squash, butternut squash, hubbard squash, and sugar or pie pumpkin are all winter squash. Try 'em all.



Eat a zucchini. Pretend it's a long green apple.

Zucchini with Linguini

Dinner for 4.

- 1/2 pound linguini
- 2 tablespoons olive oil
- 1 large clove garlic, chopped
- 4 scallions, thinly sliced
- 1/2 cup diced sweet red pepper
- 1 pound zucchini
- 2 medium tomatoes, chopped
- 1 tablespoon chopped fresh basil
- 1/4 cup chopped fresh parsley

1. Bring a large pot of water to boil for the linguini. Cook it while you prepare the sauce.
2. Heat the oil in a large frying pan. Add the garlic, scallions, and red pepper. Cook for 2 to 3 minutes, until lightly colored.
3. Shred the zucchini, using a box grater or food processor. Add the zucchini, tomatoes, basil, and parsley to the frying pan. Cook for about 5 minutes, until the zucchini is soft and the sauce is hot.
4. When the linguini is cooked to taste, put it in a serving bowl. Spoon the zucchini sauce over the linguini and serve.



Z's Mystery Cake

No one will ever guess the secret ingredient!

1¼ cups whole wheat pastry flour

⅓ cup carob powder

½ teaspoon baking soda

¼ teaspoon salt

1¼ cups lightly packed, shredded zucchini

¼ cup oil

⅓ cup honey

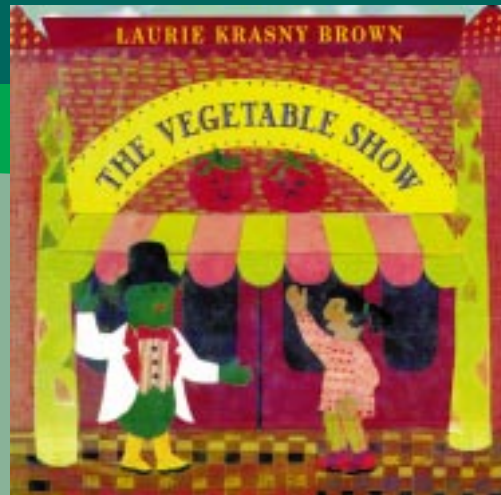
1 egg

½ teaspoon vanilla extract

¼ cup plain yogurt

¼ cup carob chips or chocolate chips

1. Set the oven to 350°F. and let it warm up.
2. In a large bowl, mix together the flour, carob powder, baking powder, baking soda, salt, and shredded zucchini.
3. In separate bowl, beat together the oil, honey, egg, and vanilla.
4. Gently stir the egg mixture into the flour mixture until it is no longer dry.
5. Stir in the yogurt until it is completely mixed in.
6. Dampen a paper towel with oil and use it to wipe an 8-inch square baking pan.
7. Spread the cake batter into the baking pan.
8. Scatter the chips evenly over the top.
9. Bake the cake for 30 to 35 minutes. When it is done, it will feel firm in the middle when you press it gently with your fingers.
10. Wait until the cake cools before you cut a piece.



Read About

THE VEGETABLE SHOW

by Laurie Krasny Brown

(Little, Brown).

Vegetables put on a stage show to show off their talent to kids of all ages.

A Funny Holiday

Zucchini grow very easily and gardeners often end up with too many. Growers sometimes even have trouble giving them away! Because of this, a man named Thomas Roy has created this funny holiday, "Sneak Some Zucchini Onto Your Neighbor's Porch Night." On August 8th people find nice ways to give away their extra zucchini, such as leaving them on neighbors' porches and in their cars. It is observed in Roy's hometown of Mount Gretna, Pennsylvania, and more places worldwide. Do you have extra zucchini? Why not share the harvest by finding nice ways to give them away?

True
Food



In 1998, a man in England grew the largest known squash – 135 pounds!

<http://www.zucchinibrothers.com>
A bunch of wild and crazy songs.