

DID YOU KNOW...

- While easy to grow, zucchini, like all squash, requires plentiful bees for pollination. In areas of pollinator decline or high pesticide use... fruit begins to grow, then dries or rots...due to an insufficient number of pollen grains.

- In Mexico, the flower is often used for a soup, and it is quite popular in a variation of the traditional *quesadillas*, becoming *quesadillas de flor de calabaza*. (squash blossom quesadillas).

Source: Wikipedia

NUTRITIONAL INFORMATION

(value per 114g/1 cup of sliced zucchini):

Energy: 20 cal / Carbs: 4g /
Sugars: 2g / Dietary Fiber:
2g / Fat: 0g / Protein: 2g /
Vit C: 30% / Iron: 4% / Vit
A: 4% / Calcium: 2%

Source: [USDA Nutrient database](#)

RECIPES FOR SUCCESS

Local Food Case Study:

ZUCCHINI

PRODUCT SOURCING/DISTANCE TRAVELED/GROWER BENEFITS

A local farm had an over abundance of summer squash that did not sell at their farmers market stand. The product was headed for the compost pile as a loss for the farmer. These were larger squash about 10-12 inches in length but not woody. The product was purchased at \$ 1 per pound from a farm 18 miles away and the farmer delivered the 360 pounds of product that had been triple washed and boxed in 30 pound units at no extra charge.

COST ANALYSIS/COST RECOVERY/SALES

- Summer Squash is little used in school meals.
- Very plentiful crop and a way to extend local foods use in schools

Squash:	\$ 360/360#
Labor:	\$ 384
Total	\$ 744
Servings	7,200
Cost/serving	\$ 0.103

USDA FOOD BUYING GUIDE

Squash, 12.6 pounds = 100 ¼ cup servings cooked

Prime Vendor sells Summer Squash, 20 pounds

20 pounds / 12.6 *100 = 159 servings

Current price is \$ 21.60/159 = \$ 0.136 per serving commercial product

Same labor would be required to prep and dice it.

PROCESSING/LABOR/EXTENDED EMPLOYMENT OPTIONS

- Process clean, slice, freeze – 18 hrs to process

Store whole; clean, peel, dice, blanch, freeze in soup batch; clean, no peeling, shred freeze; clean tumble slice fresh; clean shred fresh;

Zucchini and summer squash were purchased and shredded for frozen storage. Squash was easy to process and shred.

Our processing inquiry with Extension processing was answered by Al Bushway:

"I don't know if you would need to blanch shredded zucchini as I have no experience with it. Carrots can be sliced, diced etc. and frozen without blanching if they are going to be used in soups, stews, etc."

* The fruit and vegetable washes will remove and/or kill some of the microorganisms on the surface of the fruits or vegetables. Usually only a one to two log reduction although Tsunami is reported to be better (than Victory). For frozen products, I don't see that they would increase the shelf-life. For cut fruits (apples) which undergo enzymatic browning, the commercial dips will reduce the rate of browning.

RECIPES/PREPARING/SERVING

Spaghetti sauce ingredient
Could also be used in breakfast breads

STUDENT/PARENT FEEDBACK

No adverse feedback.

FMI

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