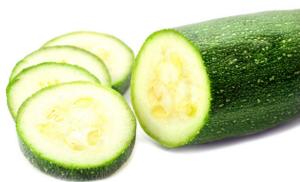


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## Selection

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 size as they may be dry and have larger seeds and stringy flesh.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Keep zucchini in the vegetable drawer or in a perforated plastic bag in the fridge.
  - ◆ Keep produce and meats away from each other in the refrigerator.
  - ◆ Produce stays fresher longer in a cool, 40 degree F, clean refrigerator.
  - ◆ Make sure to use a vegetable brush and wash vegetables under running water before cutting, cooking, or eating.
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## Why Buy Local?

- ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
  - ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
  - ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
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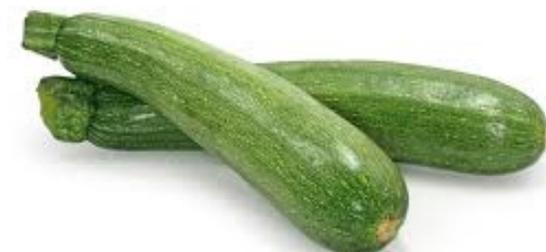
### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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Originally developed by: Jennifer Blazek,  
UW Extension Polk County, Balsam Lake, WI;  
<http://polk.uwex.edu> (June, 2014)



# Zucchini Calabacin

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## Uses

Zucchini will add a mild flavor to just about any dish that calls for vegetables.

Zucchini can be used in muffin and bread recipes, and are great added to stews, or even sautéed.



Stir-Fried Zucchini, Carrots, & Leeks

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## Nutrition Facts

- ◆ Fat free
- ◆ Contains lutein
- ◆ Sodium free
- ◆ Good source of Folate
- ◆ Good source of Vitamin C
- ◆ Good source of Potassium

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## Try It!

### Stir-Fried Zucchini, Carrots and Leeks

#### INGREDIENTS

- 2 Zucchini, medium-sized
- 3 Fresh carrots
- 2 Leeks, large
- 3 Garlic cloves
- 1 tsp. Ginger, minced
- 2 Tbsp. Peanut oil
- 1/4 tsp. Sesame oil

#### For the Seasoning:

- 1/2 tsp. Salt
- 1/2 tsp. Sugar
- 1/4 tsp. 5-spice powder

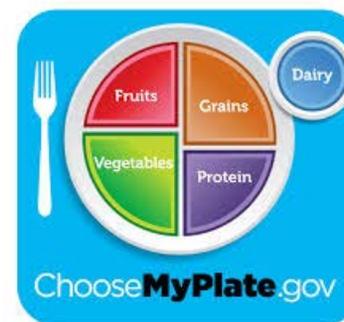
#### INSTRUCTIONS

1. Wash vegetables. Trim zucchini and slice into 2" long matchsticks. Peel carrots and cut into 2" long matchsticks. Trim leeks and do likewise. Peel garlic and cut into thin slices.
2. Heat peanut oil in hot wok until it starts to smoke. Stir-fry garlic and ginger for 30 seconds, splashing with water to prevent burning.
3. Then add carrots and stir-fry for another 30 seconds. Add leeks; stir-fry for 1 minute. Add zucchini; stir-fry for another 30 seconds.
4. Sprinkle with seasonings, tossing ingredients as you do.

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5. When vegetables are cooked, sprinkle with sesame oil.
  6. Transfer to serving plate or individual plates to serve.

Yield: 6 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



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## History & Fun Facts

Zucchini, a kind of summer squash, has been cultivated and used for over 5,000 years by the indigenous peoples 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 developed in Italy. Zucchini was originally a tropical or subtropical plant, however it can be grown easily from Florida to Alaska.