

HARVEST OF THE MONTH ZUCCHINI

FARM TO SCHOOL

ZUCCHINI FACTS

- August 8th is National Zucchini Day!
- One cup of sliced zucchini has about 19 calories.
- Zucchini is a good source of potassium: 295 milligrams per cup.
- Zucchini can be substituted for pasta (i.e. Zoodles)
- Zuchinis are technically considered a fruit-which means that their flower blossoms are edible!



FARM FACTS

- This month's harvest comes from Southern Valley,
- Norman Park, GA
- In 1987 they started a four-man farming family operation
- Southern Valley practice sustainable farming!
- To find out more about this family farm you can visit: <https://southernvalley.us/>



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