

Food for Health: Zucchini

Pleasant View Farm - Wadena, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.

Pleasant View is 1 of 18 Amish farms Sprout works with. The Amish population is socially marginalized due to religion. Aggregation of products reduces barriers small farmers have to transport and sell their products.

Typically, farms function on a rural to urban market. Sprout strengthens the rural to rural market to support small farms and help prevent food deserts. Sprout believes we can do more collectively than we can individually.

Zucchini is a summer squash. While it's typically treated like a vegetable, technically zucchini is a fruit. It grows from the zucchini flower which is also edible and tasty.

Zucchini is packed with valuable nutrients including vitamin C, vitamin K, B vitamins, iron, potassium, calcium, and antioxidants.

Antioxidants are chemicals that limit damage to cells in the body caused by free radicals. This prevents diseases like cancer.

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Sprout's goals are to provide access to markets for all growers.

- Arlene Jones, Sprout

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Summer Veggie Kababs

Directions

1. Combine all ingredients for the marinade. Place vegetables (and protein) in a bag or bowl to marinate for 30 minutes or up to 24 hours.
2. Preheat oven or grill to 375F.
3. Add vegetables (and protein) to skewers and cook for about 20 minutes.

Cooking tip: Zucchini can be used in baking, too!

Flavor: Zucchini is mild, slightly sweet and nutty tasting. Younger, smaller zucchini are more tender and have the tastiest flesh.

Ingredients

Marinade:

- 4 garlic cloves, minced
- 3 green onions, chopped
- 1/2 cup olive oil
- 1 cup lemon juice
- 1/4 cup rice vinegar
- 1 Tbsp honey
- 2 tsp basil
- 2 tsp thyme
- Salt and pepper to taste

Kebabs:

- 2 zucchinis, 1" slices
- 1 pepper, 1" chunks
- 1 broccoli, 1" florets
- 1 cauliflower, 1" florets
- Optional: sausage from online market

To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

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