



**Thought
Foodness**



**Featuring
Sliced Zucchini**

WEST VIRGINIA HARVEST™



Did You Know?

Sliced Zucchini

Where I grow best:

Zucchini plants love sunlight and need at least 6 to 8 hours of it every day. They grow best in moist, rich soil full of nutrients. Some zucchini plants grow as vines and need a trellis or lots of space to spread out, while others grow as bushes, making them perfect for pots or small gardens. With the right care, zucchini can grow into a delicious and healthy veggie!

My Nutritional Superpowers include:

Zucchini is great for your heart! It has a special kind of fiber that helps keep your blood healthy and lowers bad cholesterol. It also has potassium, which helps with blood pressure. Eating zucchini is a tasty way to keep your heart strong!

I taste great in meals like:

Zucchini Noodles ("Zoodles"), Roasted Zucchini, and Zucchini Bread or Muffins

You can find fresh Zucchini at Grocery Stores and Walmart in West Virginia!



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Recipe Spotlight

Zucchini Noodles (Zoodles)

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Make the Zoodles: Use a spiralizer or vegetable peeler to turn the zucchinis into noodle shapes.
2. Cook the Zoodles: Heat the olive oil in a large pan over medium heat. Add the zucchini noodles and cook for 2–3 minutes, stirring gently.
3. Season: Sprinkle with salt and pepper while cooking.
4. Optional Sauce: Add pasta sauce to the pan and heat through, about 1–2 minutes.
5. Serve: Transfer the zoodles to a plate and top with Parmesan cheese if you like.

What you will need:

- 2 medium zucchinis
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup pasta sauce (optional)
- Grated Parmesan cheese (optional)



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


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