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1. Zucchini is rich in water and fiber, two compounds which can promote healthy digestion.
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You can easily grow zucchini yourself in your backyard or school garden. When adding zucchini to your garden, just one plant should do it. A zucchini plant yields a large harvest, producing abundant amounts for several months. One zucchini plant can produce six to ten pounds of zucchini over the course of one growing season.

Pre-K:
- Vegetable Castles Lesson Plan

Lower Elementary:
- Eat ’Em Up Lesson Plan & Zora's Zucchini Read Aloud

Upper Elementary:
- Commit to Health Fun Experiential Activities - Summer Squash

Middle/HS:
- Diary of A Space Zucchini
- Growing Plants In Space

1. Both the zucchini and the flower part of a zucchini plant are edible.
2. The largest zucchini ever recorded grew to be nearly 70 inches long and weighed 65 pounds!

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Zucchini Hummus Wrap
- Jersey Tastes! Cooking Series Zucchini Hummus Wrap
- Jersey Fresh Zucchini Crust Pizza
- Jersey Fresh Video Zucchini Crust Pizza

Jersey Fresh Zucchini Boats
- Jersey Fresh Video Zucchini Boats

Jersey Fresh Zucchini Ratatouille
- Jersey Fresh Video Zucchini Ratatouille

Dessert:
- Zucchini Brownies