



Vegetable Spotlight



YELLOW SQUASH & ZUCCHINI

VEGETABLE SUMMARY

SYG Varieties: Yellow Squash - Straightneck
Zucchini - Black Beauty

Growing Season: Summer

Maintenance: Mulch yellow squash and zucchini using straw when plants reach about 4 inches tall. Watch the "[How to Mulch Your Garden](#)" video to learn more. The plants will grow bright yellow blossoms before fruit develops, so be sure to not pick the blossoms if you're hoping to harvest the fruit!

Harvest: Yellow squash and zucchini can be continually harvested throughout the summer growing season. Watch this quick "[How to Harvest Zucchini](#)" video to learn more.



SEEDS



SEEDLINGS



FULLY GROWN
YELLOW SQUASH



FULLY GROWN ZUCCHINI

Nutrition Facts: Yellow squash and zucchini are a great source of **potassium**. Potassium is a mineral that is important for many things including heart health. Yellow squash and zucchini are also good sources of vitamin C and several B vitamins including riboflavin, folate, and vitamin B6.

Recipes: Use yellow squash and/or zucchini in this colorful and delicious recipe for a [Vegetable and Fruit Rainbow Smoothie](#).

Book Recommendations: *Zora's Zucchini* by Katherine Pryor, Illustrated by Anna Raff

SHARING THE HARVEST (YELLOW SQUASH & ZUCCHINI)

MATERIALS:

- Butcher Paper
- Markers or Crayons
- White Board and Dry Erase Marker



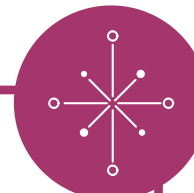
SUMMARY:

In the book, *Zora's Zucchini*, Zora learns that one zucchini plant grows a lot of zucchini! When she has too much for her family to eat, she starts to think of creative ways to share her harvest. Can you think up some good ways that you could share or use up the extra produce from your garden?



ACTIVITY:

1. As a class, brainstorm different things you could do with the leftover produce from your garden. As students share their ideas, write them on the white board so the whole class can see. Discuss each idea as a class and decide how you could make your plan work. If you're donating the produce, where will you donate it? If you're swapping it, who will you swap with? If you're cooking with it, what recipes will you make?
2. Next, talk about how each of the ideas would make you feel. When you share something with someone, how does it make you feel? When you trade something you have a lot of for something you don't have, how does that make you feel? For example, in the book, Zora trades some of her zucchini for some of her neighbor's tomatoes. Now both Zora and her neighbor have two types of vegetables instead of just one!
3. Once you have a good list of ideas and have discussed how doing these ideas would make you feel, spread a large piece of butcher paper out on the floor. Let students use markers or crayons to illustrate doing these ideas.
4. When the artwork is complete let each student share what they drew.
5. Wrap the activity up by heading out to your garden. Water and weed your garden as needed. Is there anything ready to be harvested? If so, what will you do with your harvested produce?



KANSAS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

ATL.p4.13: Identifies a problem, demonstrates flexibility in solving it and changes plans if a better solution is proposed.

SED.SD.p4.5: Displays socially competent behavior with peers (e.g., helping, sharing and taking turns).

Missouri:

I.3.a.: Tries new ways of doing things.

I.3.b.: Uses imagination to generate a variety of ideas.

I.6.a.: Recognizes problems.

I.6.b.: Tries to solve problems.

I.6.c.: Works with others to solve problems.

