

# September's Harvest of the Month

# GRAPES

Vitamin C - Vitamin K



## Store

Store unwashed grapes in a plastic bag and put in the refrigerator for up to 1 week.



## Use

In season in late August and early September. Add grapes to green salads, to chicken salads for sandwiches or make them into jams and jellies.



## Pick

Choose plump grapes that are firmly attached to green stems. Avoid soft, wrinkled, or leaking grapes and bunches of grapes with brown stems or very light-colored areas around the stems.



## Prepare

Clean grapes just before serving by rinsing the grapes under cool running water. Drain fruit on paper towels or in a clean strainer.

## Quick and Creamy Grape Shake

Makes 4 servings

### Ingredients

- 2 cups green or red seedless grapes
- 2 bananas peeled and sliced
- 2 oranges peeled and quartered
- 16 ice cubes crushed

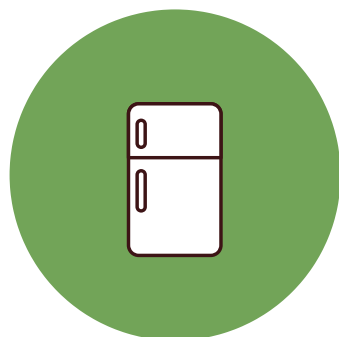
### Directions

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth.
3. Pour into glasses and serve.

# September's Harvest of the Month

# ZUCCHINI

Vitamin C- Vitamin A



## Store

Store zucchini in a plastic bag in the refrigerator for 4 to 5 days. Do not wash it until you are ready to use it.



## Use

In season in July through October. Add raw zucchini to lettuce and pasta salads. Cut zucchini into sticks and serve with a dip.



## Pick

Choose firm, slender zucchini with a bright green color that are free of wrinkled skin and soft spots.



## Prepare

Wash zucchini just before preparation using cool water. Zucchini makes a quick addition to meals as it does not have to be peeled.

## Baked Zucchini Sticks

### Ingredients

- 4 medium zucchini
- 2 eggs
- 1/2 cup water
- 1/4 cup finely grated parmesan cheese
- 1 1/2 cups bread crumbs
- 1 Tablespoon dry Italian herbs

### Directions

1. Cut zucchini into long sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
4. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.
6. Refrigerate leftovers within 2 hours.