



Zucchini

Locally grown - Wexford Farms,
Wexford PA

Wexford Farms

Wexford Farms established itself in 1972 by supplying Pittsburgh and surrounding areas with quality vegetables at farmer's markets, wholesale distribution and grocery stores. Paul Mustovich and his family focus on maintaining the purity of the land, bringing great products to the table. His farm harvests from over 450 acres of land in the Wexford area, growing more than 20 different varieties of produce. As a third-generation farmer, Paul and his family concentrate on tomatoes, peppers, squashes, corn and cabbages as their focus.



Fun Facts

- Zucchini is a summer squash, meaning it has a soft outer skin.
- Zucchini contains 95% water; a small one contains about 25 calories.
- The flowers of the zucchini plant are edible. Fried squash blossoms are considered a delicacy.
- Small to medium sized zucchinis are the most flavorful and the darker the skin, the richer the nutrients.
- When planted, zucchini is planted on mounds of dirt the black covering keeps weeds away.
- The world's largest zucchini measured 69 ½ inches long and weighed 65 pounds.

Delicious Pizza
Boat recipe

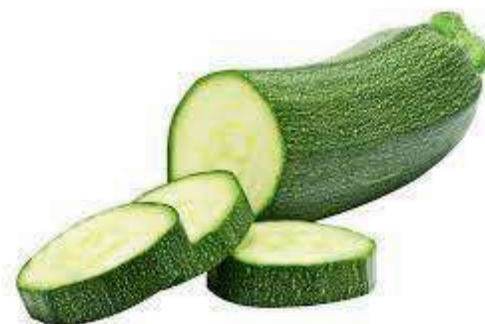




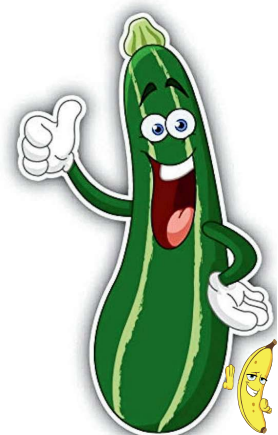
Facts for the Day!



What does a vegetable
wear to the beach?
A Zucchini



In The Garden



S	S	L	C	O	E	T	N	A	L	P	G	G	E	R
B	C	R	I	C	I	E	B	L	E	N	E	E	M	Z
R	U	T	L	M	S	W	E	E	T	C	O	R	N	U
O	C	S	A	O	G	C	L	O	A	N	E	B	T	C
C	U	I	N	E	O	U	L	T	O	D	I	I	E	C
C	M	T	T	S	A	R	P	E	N	E	G	S	R	H
O	B	P	R	O	R	C	E	W	I	P	E	S	S	I
L	E	S	O	T	C	P	P	C	O	Y	B	A	L	N
I	R	A	C	R	C	Y	P	T	N	B	B	M	M	I
G	N	C	G	O	G	R	E	E	N	B	E	A	N	S
M	R	B	N	S	T	O	R	R	A	C	E	L	T	G
R	C	E	L	E	R	Y	T	A	O	E	T	Y	E	S
S	E	O	T	A	M	O	T	L	A	L	S	S	N	N
L	I	L	E	T	T	U	C	E	I	A	T	S	U	L
N	R	A	D	I	S	H	E	S	E	E	P	E	A	S

Tomatoes
Sweet Corn
Zucchini
Beets

Green Beans
Broccoli
Lettuce
Cucumber

Bell Pepper
Radishes
Cilantro
Eggplant

Peas
Carrots
Onion
Celery

Monteverde's

HEALTHY FRUITS & VEGETABLES