

*Nutrition Tidbits Garden Edition, gives gardening inspiration and recommendations, provides botanical facts and nutrition values of Arkansas Grown produce, as well as shares delicious recipes.*



## SPOTLIGHT

### L.O.V.E (Let Our Violence End)

L.O.V.E (Let Our Violence End), in connection to Healing Waters, is providing more than just fresh food for their clients. We had the opportunity to speak with Dennis about the food pantry and their goals.



They have helped establish seven straw bale gardens in Central Arkansas. With their straw bale garden they are able to produce tomatoes, squash, herbs, and corn.



Due to many connections to local businesses, grants and Feed the Children they are able to offer their clients more than mangoes and salad ingredients. Dennis credits natural growth and the connections developed over time that has given them the ability to provide a variety of resources and food items. With their many other resources Dennis would like to build connections to other churches and un-served areas by providing the means where there is a need.

## In this Issue

**Spotlight:**  
L.O.V.E (Let Our Violence End)

**What's Growing?:**  
Zucchini

**Recipe**

**Gardening Tips**

**Please feel free to contact us at 501-565-8121 if you have questions.**

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## What's Growing?



### Nutrition facts:

Zucchini is more than 90% water and a good source of vitamin C. It also provides manganese, potassium, and vitamin B6. Vitamin C is important for muscle and collagen production. Collagen helps joints move freely and keeps skin looking youthful. Manganese helps in bone formation and reduces inflammation. Some inflammation is normal but chronic inflammation means that the body could be attacking healthy tissues and organs. Most of the zucchini nutrients are in the zucchini skin.

### Storage Tip:

Store in the fridge for up to 5 days loosely wrapped in a plastic bag or paper bag. Do not wash until ready to use.

### ZUCCHINI Plant Facts:

Zucchini is a variety of summer squash that is a member of the Cucurbitaceae family. Other vegetables within this family are melons, pumpkins, cucumbers and gourds. Zucchini is used and cooked like a vegetable but is actually a fruit. This is because the zucchini fruit comes from the swollen ovary of the female zucchini flower. The entire zucchini is edible including the flowers. Zucchini are picked early before their outer layer becomes too tough. The plant is bushy with large leaves, prickly plant hairs and both male and female flowers. Bees and other insects help with pollination. Zucchini only grows in warm weather and can not handle temperatures below 60 degrees.

### Buying Tip:

Choose bright green zucchinis that are small to medium in size for the best flavor. The skin should be blemish free. Look for zucchinis with a small amount of stem attached. This will allow them to last longer.

### Fun Fact

One medium zucchini has more potassium than a medium banana.



## Crispy Stuffed Zucchini

Serves: 4

### Ingredients

5 medium zucchini halved lengthwise  
2/3 cup panko breadcrumbs  
1/2 cup grated parmesan cheese  
4 cloves garlic, miced  
1/4 cup finely chopped parsley or 2 tbsp

1/4 cup melted butter  
3/4 tsp salt  
1/3 tsp pepper (or to taste)

### How to prepare

1. Preheat oven to 400F.
2. Wash and remove the stim if attached. Slice zucchini lengthwise.
3. Spray a baking tray or sheet pan with non stick cooking spray.
4. Place zucchini halves cut side up on the baking sheet. Set aside.
5. Mix together the breadcrumbs, parmesan cheese, parsley and garlic in a small bowl.
6. Pour in melted butter, season with 3/4 tsp salt and 1/3 tsp pepper (or to taste). Mix the ingredients until the breadcrumbs absorb the butter( about 40 seconds).
7. Spoon the mixture over each zucchini half, to evenly cover.
8. Bake for 20 minutes in the hot oven until the crust is golden and the zucchini halves are cooked through.
9. Broil for 5 minutes on medium heat to crisp the topping.
10. Garnish with parsley and serve hot.

Nutrients per 1 serving: 255 Calories, 16g Total Fat, 394mg Sodium, 18g Carbohydrates, 3g Fiber, 10g Protein





## HARDENING OFF SEEDLINGS

Hardening off plants prepares indoor plants for survival in the outdoors. One week before transplanting start withholding some watering. Place the plants outdoors once a day. Start with one hour in partial shade. Slowly increase the time the plants spend outdoors over a week by adding one extra hour each day. The amount of sun and wind exposure will need to be slowly increased. The soil should be kept damp when the plants are outdoors.

### TRANSPLANT SEEDLINGS

Seedlings are ready for transplant when they have their fourth or fifth set of leaves. The root system should form a visible web of roots when the plant is gently lifted by the stem. Transplants do best when planted in warm weather, in the morning or on a cloudy day. The hole for the plant should be twice as wide and just as deep as the plant's roots. When removing the plant from its container, be gentle with the roots. The plant's roots should be fully covered and the above ground portion of the plant above the soil line. Gently add and pat down the soil around the plant. Water the plant as soon as it is planted in the ground to help settle the roots. Mulch or straw can be added around the plant to prevent water loss and help the soil maintain a good growing temperature. Transplants may need extra watering for the first few days of being in their new environment.



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