

## Healthy Measures: Zesty Zucchini

With local produce blooming in full force, we would like to take this opportunity to highlight some of the local vegetables and fruit available now at grocery stores and farmers' markets.

Zucchini is a type of summer squash resembling a cucumber in size and shape. It has a smooth, thin skin that is either green or yellow and can be striped or speckled. The peak season for Ontario zucchini runs July through to October but it is available all-year long. If you have a sunny spot in your garden you can try your hand at growing zucchini— it's usually one of the easiest vegetables to grow.

Zucchini is rich in vitamins and minerals including vitamin C, manganese, magnesium, vitamin A, dietary fibre, potassium and folate.

Zucchini can be served raw, boiled, sautéed, stir-fried, baked, grilled, and even shredded and baked in a cake.

For more information about buying and storing zucchini and links to recipes, check out [Foodland Ontario](#).

In York Region there are a number of farmers' markets that are open on a weekly basis during the summer and fall. You can also visit a local farm that offers pick your own produce. [York Region Farm Fresh Guide](#) showcases local farmers, farmers' markets and roadside stands.

**If you have questions about nutrition or healthy eating, call *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.**

## Healthy Measures: Eat Well, Be Active and Be Yourself!