

# 2025 Harvest Box

Riverland Family Farms

WEEK 6

## in the box

Broccoli	head
Carrots	bunch
Cucumber	2 each
Parsley	bunch
Cherry Tomatoes	pint
Salad mix	½ lb bag
Zucchini	4 each
Blackberry	Half pint

## Zucchini

Zucchini, though often treated like a vegetable, is technically a fruit—and a very versatile one at that! Originally cultivated in Italy in the 19th century, zucchini is a type of summer squash descended from the Americas. What's particularly fascinating is how fast it grows: under ideal conditions, a zucchini can grow several inches in just one day.

Culinarily, zucchini is a chameleon. It can be spiralized into noodles, baked into sweet breads, grilled, stuffed, or even turned into chips. But one of its lesser-known superpowers is in desserts—zucchini adds moisture and a delicate texture to cakes and brownies without overpowering flavor.



## recipe ideas

please visit farm website for  
recipe ideas

[www.riverlandfamilyfarms.com](http://www.riverlandfamilyfarms.com)

[csa@riverlandfamilyfarms.com](mailto:csa@riverlandfamilyfarms.com)  
[www.RiverlandFamilyFarms.com](http://www.RiverlandFamilyFarms.com)

