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AFTER 19 YEARS AT CFB TRENTON:

Quinte SailAbility bids Adieu to the Club



Paul Gauthier, Photo.

Envisioned and founded by two Club members, the adaptive sailing school Quite SailAbility was a fixture at CFB Trenton Yacht Club for almost two decades. But recent rule changes led to difficulties and ultimately made a location move inevitable. Here is the story as written by QS founder and former director, Fletch.

BY 'FLETCH' FLETCHER

YOU MAY HAVE NOTICED THE LARGE, PURPOSE-BUILT DOCK NEAREST THE SEAWALL HAS LEFT THE CLUB. Perhaps you are curious, so let me tell you about Quinte SailAbility.

For those who may not be familiar, Quinte SailAbility was founded in 2001 by myself and the late John Gower. After a three-day demonstration put on by Ontario Sailing, we decided to create a program to offer the freedoms and joys of sailing to people with a disability. The program grew and grew, and delivered on its promise. I'd like to share with you some of the events and decisions that made it a success.

John Gower and I formed an extraordinary partnership because we brought different skills to the table, divided the duties accordingly and never interfered with each other. John was responsible for equipment acquisition and development, maintenance and the racing program. I handled marketing, fundraising, volunteers and staffing. Being members of CFBTYC, and being on a military base were two things that made life easier. It gave us an exceptional supply of volunteers, and a club that made us one of the family.

Contd. on Page 2.



Bruce Milliken, photo

Three decisions we made at the beginning made us a very successful adaptive sailing school, and a pioneer. Firstly, we decided to operate like a yacht club. We would teach people to sail, then provide a club atmosphere to pursue sailing recreationally, or racing. This is what we knew, and it seemed logical.

Secondly, we decided to accept any person with a disability regardless of age or type of disability, be it physical or developmental. The only criteria for acceptance was our instructor's belief that they could teach that person to sail. Turns out, in our ignorance, we had just opened up sailing to a new community. At that time, no other adaptive sailing school in Canada accepted people with a developmental disability. Now most do.

Lastly, we put the delivery of the program in the hands of young people in the belief that with the proper support, they could do it. We were fortunate to recruit instructors who rose to the challenge, and in fact one of our chief instructors was named Junior Sail Program Manager of the year by Sail Canada. We were also a popular place for teens to volunteer, and many returned year after year.

Over the years we took criticism for accepting people with developmental disabilities. We took a young woman with a developmental disability to the 2010 Mobility Cup in Vancouver, the premiere regatta for sailors with a disability. At registration at the Royal Vancouver Yacht Club, we were told the Mobility Cup was only for people with physical disabilities. I happened to have the regatta charter in my bag which said no such thing. Then they suggested it might be a bad idea because it might be embarrassing for her. Well, by day two she was in second place in our division and finished the regatta one point below first. In 2018 in Halifax, another young woman with a developmental disability finished third and won the Rookie of The Year award. Along with our sailors with a physical disability, we sat on the podium in the Ontario Martin 16 Championships most years.



Adaptive sailing schools cannot run without the support of volunteers. Most programs in Canada have trouble recruiting them, but not us. Our military volunteers not only cheerfully volunteered, but kept coming back for years. Plus they brought a variety of skills that they could use and teach to others. Sailing schools often break or damage equipment. Many times, our volunteers could fix things – we all learned the coolest knots from them. We also had excellent support from a number of CFBTYC members who filled this "Mr. Fix" role, as well as gladly lending a hand when it was needed.

Our dock—designed by John Gower and believed to be the best adaptive dock in the country—the buildings and the program itself have moved to the Bay of Quinte Yacht Club. Transport Canada and Sail Canada rule changes a few years ago made it almost impossible for small schools to hire instructors, hence the move to BQYC. They are big enough to attract and develop instructors. As well, John's health and my decision to retire from the program meant it couldn't

continue as it was. But together John and I came to the conclusion that we had done what we set out to do – and we had a great run!



A rare picture of Fletch (left) with Quinte SailAbility co-founder John Gower at the 2009 Mobility Cup, held at Ashbridges Bay in Toronto.

Fletch: boating gone bad — video link

Haven't we all been in one of these situations? Usually because we weren't paying proper attention or practicing safety protocols, or just because we can all be nit-wits now and then. Check out the video. It's a little silly, a little dangerous and totally funny. And can't we all use a laugh these days?

Click link or go to: <https://www.youtube.com/watch?v=rsfgjUJG-UQ>

Fletch's Nautical Quotes

"All good navigators are nervous. A confident navigator is usually a fool who knows immediately the name of the shoal he's just hit."

From *Ramage's Challenge* (1985) by Dudley Pope.

Editor: After years of digging through his extensive archive of boating trivia, Fletch has finally run out of Nautical Facts with which to inform his avid readers. So with this issue, a new feature "Nautical Quotes" makes its debut.

BY CAROL BAILEY

The return of sail racing and some social events.

FLEET CAPTAIN, SAIL

WEDNESDAY NIGHT RACING HAS RETURNED TO THE CLUB AS OF JULY 15. We have put in only marks "S" and "B" and are using the aid to navigation marks we normally use. Twenty race courses have been prepared for this season. The sailing instructions are being modified to ensure agreement with current Sail Canada protocols. Current yacht club events will not be governed by the Racing Rules of Sailing until authorities give clearance. Also, all racing will be either single-handed or with crew from within a social circle to meet provincial social distancing requirements.

Racers should obtain PHRF certificates to compete for club trophies. Payment of \$40.00 can be made in the office by debit, credit, or cheque. Once payment is received, Paul will notify Dale Harron, Handicap Chair, to order the certificate. We need minimum 7 certificates to keep the club's standing with PHRF-LO.

We plan to run the Greenleaf (five races) and Harvest series (six races) but not Diehard. We will run two races an evening if necessary to meet the trophy requirements. We expect to run a modified Round the Bay race as well. We will also be having some pursuit races. On evenings when those races are run, the 'Come Within Hail' flag will be flown at the clubhouse mast, where racers will get their start times and course to follow.

Sailing instructions, race chart, courses and mark locations can all be found on the website, as well as the notice to competitors (Section 3 of Sailing Instructions 2020) Sailing Season 2020, which sets out changes to sailing instructions as a result of COVID-19 protocols.

We recognize this year is different from usual, and to assist with planning for a race committee, suggest racers notify John Brewster, Race & Regatta Chair, in advance whether they will participate or not in each week's race. At the time of writing, while three races have been scheduled only one competitor showed up for two of them, resulting in no racing those evenings. We look forward to a good season of racing!

ENTERTAINMENT CO-ORDINATOR

As of Friday, July 17 this area of the province moved into Phase 3 which further extended permissions for the opening of patios and indoor spaces for food service, and size of gatherings with social distancing.

As a result, I reached out to the Flag to determine what social events and organized gatherings at the club would be permitted under both Provincial and Wing regulations. We will now be permitted to hold some events outside, with appropriate social distancing. Each social circle will be responsible for providing their own food.

With these guidelines in mind, I am considering events that the club can hold to bring members together in a safe and fun way. While I have some ideas for social functions that I am working on (more information to come when details have been worked out and approved), I welcome suggestions for ways we can safely bring out the social side of the club.

Looking forward to better times.

BY CHRISTINE FLETT

Are more Zoonotic Pandemics the way of the future?

As the world grapples with the current pandemic, many scientists believe more needs to be done to prevent the emergence of zoonotic diseases like Covid-19.

A zoonotic disease is one that jumps from animals to humans. According to the World Health Organization, around 75 percent of new infectious diseases in humans over the last several decades originated in animals. Even before Covid-19, it was estimated two million people a year die from a zoonotic disease.

Now, researchers with the United Nations warn such diseases are on the rise. The main cause is human activity – specifically loss of animal habitat due to deforestation and agriculture – the inevitable result of population growth, combined with poverty in developing nations.

Climate change is also a factor. Warmer temperatures not only make croplands less productive, they push dangerous mosquito-borne diseases like Dengue fever and Zika into new regions of the world, often with inadequate healthcare and poor sanitation.

In 2017, scientists with the US Centres for Disease Control ranked 56 zoonotic diseases according to their prevalence, severity and potential to cause epidemics and pandemics.

Flagged for particular concern to the US were: bird or swine flu, salmonellosis, West Nile virus, plague, emerging coronaviruses (SARS and MERS), rabies virus, brucellosis, and Lyme disease.

Other zoonotic diseases of global concern include Ebola, HIV/AIDS, Mad Cow disease, Zika and Dengue fever.

Exposure to the pathogens of zoonotic disease can occur through food and water contamination (E.coli), farming (bird and swine flu), direct contact with wildlife (rabies and coronaviruses), insect vectors (Lyme disease) and pets (Salmonella).

Direct contact with wildlife is thought to be the transmission pathway for the coronavirus that caused COVID-19 in humans.

The UN recommends various strategies to reduce the risk of zoonotic disease, including education, surveillance and outbreak control. The organization is also urging countries to 'green' their economies as they recover from the current pandemic. In a recent essay, Inger Andersen, head of the UN Environment Program (UNEP) put it this way:

"The 'wild' must be kept 'wild.' It is time to restore our forests, stop deforestation, and invest in the management of protected areas... Where the legal wildlife trade exists, we need to do a far better job of improving hygiene conditions. And of course, there is the urgent need to tackle the illegal wildlife trade – the fourth most common crime committed worldwide."

Bottom line, if no action is taken, economically crippling zoonotic pandemics like COVID-19 could become the new global reality.

Ah!! Those lazy hazy days just messin' about on the water...

PHOTOS COURTESY OF BRIAN BONTER

These guys sure know how to make the most of the hot summer weather, in spite of the ongoing pandemic.

Right, Marty Mathias and Brian Bonter engage in a round of duelling guitars, Covid style – each on his own boat while rafted at anchor in Smith Bay near Waupoos.

Overseeing the proceedings is the Admiral, Karen Mathias, shown standing at the bow on Time 1.

Photo by Stephanie Rossiter.

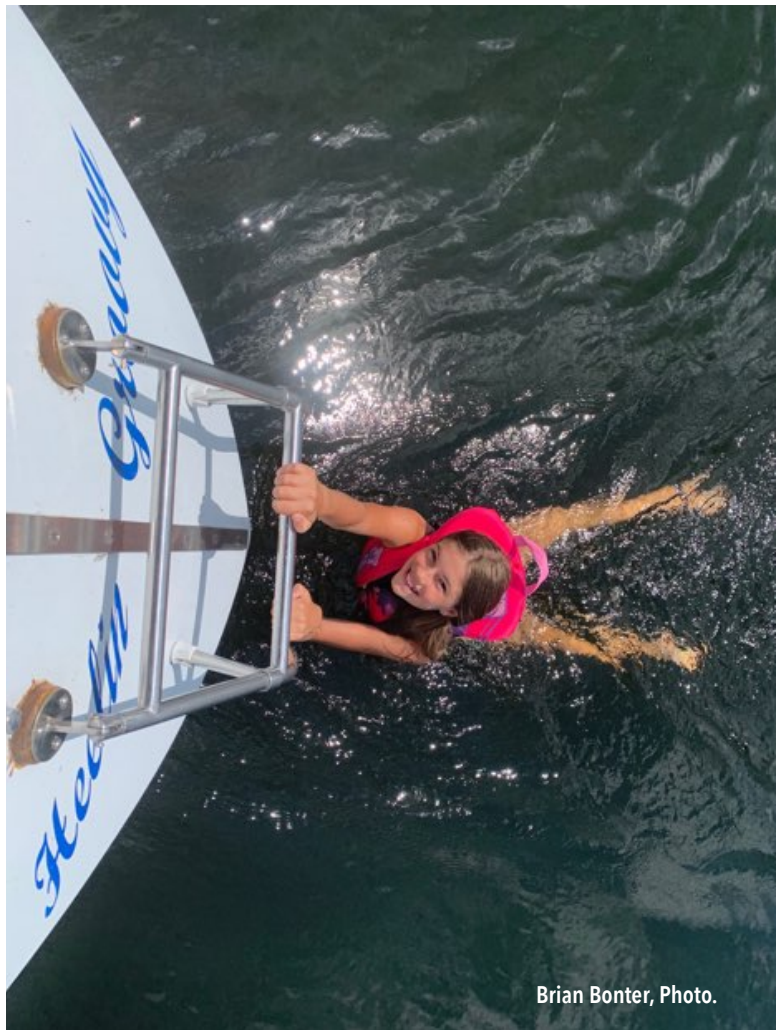


Left, a bit of leisurely rafting in Smith Bay is just the thing for young Sophia Bonter on a scorching July afternoon.

Right, Sophia cools off – as only a sailor can – by hanging from the swim ladder on Heelin Groovy, while under sail in a very light breeze!



Left, Skipper Brian takes advantage of those same light winds to experiment with flying his symmetrical "chicken chute" in varying wind angles, on the way back up Adolphus Reach.



Brian Bonter, Photo.

BEWARE THESE POISONOUS PERENNIAL PLANTS

ONTARIO IS HOME TO A WIDE VARIETY OF PLANTS, MANY OF WHICH ARE EXTREMELY TOXIC. Most folks know Poison Ivy when they see it, but we are less familiar with other dangerous plants. Some of the most deadly – such as Hemlock, and the photo-toxic Giant Hogweed and Wild Parsnip – are members of the benign-looking carrot and parsley family (*Apiaceae*). This large group includes angelica, anise, celery, chervil, coriander, cumin, dill, fennel, lovage, parsnip and Queen Anne's lace – all of which are entirely harmless – but they so closely resemble their poisonous cousins that, unless you are an expert, it's not worth taking the risk. Below are some varieties you definitely want to avoid:

HEMLOCK: There are two species of the highly poisonous Hemlock weed – Spotted Water Hemlock and Poison Hemlock – known to grow throughout Ontario. Both are members of the carrot and parsley family, and both resemble Queen Anne's lace in appearance.

SPOTTED WATER HEMLOCK: (*Cicuta maculata*) Also known as Spotted Cowbane.

A native plant, Spotted Water Hemlock is considered to be **Canada's most toxic wild plant**. Its tuberous white roots are often mistaken for parsnips. A single root has been known to kill a horse, and children have been poisoned by using pea-shooters made from Water Hemlock stems. Symptoms such as nausea, vomiting and convulsions can begin quickly, within 30-60 minutes, followed by severe cramps. It can be hard to identify as both Spotted Water Hemlock and Water Parsnip (which is harmless) have similar clusters of small white flowers shaped like little umbrellas, and both like the same habitat near lake or river shore lines.



POISON HEMLOCK (*Conium Maculatum*).

Native to Mediterranean regions, Poison Hemlock arrived in Ontario in the 1980s in a seed lot of alfalfa. It's found on poorly drained soils, near streams, ditches, roadsides and waste areas. It is difficult to distinguish from Queen Anne's Lace, which it closely resembles except the small, white flowers are clustered in little umbrella shapes rather than flat.



A biennial plant, Poison Hemlock can grow to 8 feet (2.5 meters) tall with long, hollow stems. These are smooth, green and usually spotted or streaked with red or purple on the lower half. The leaves are lacy and fern-like. The plant produces a large number of seeds, allowing it to form very thick stands, choking out other vegetation. **All parts of the plant are poisonous**, however the seeds contain the greatest concentration of toxins including Coniine, a neurotoxin which disrupts the central nervous system, causing muscular paralysis and eventual death due to asphyxia. Nowadays, death can be prevented by use of a ventilator until the toxic effects have worn off, some 48-72 hours later. In Ancient Greece, Poison Hemlock was used to execute condemned prisoners, Socrates being its most famous victim.

GIANT HOGWEED: (*Heracleum mantegazzianum*). Perhaps the easiest to identify due to its large serrated leaves, Giant Hogweed is found along roadsides, ditches, in fields and open woodlands all over Ontario. It blooms from May to July. The plant's watery sap causes a photo-toxic reaction when the sap of the plant touches the skin and is exposed to ultraviolet light, present whether the day is cloudy or sunny. This results in hypersensitivity to sunlight and contact dermatitis. Symptoms include blistering of the skin followed by brown skin pigmentation which may last for years. If exposed to Hogweed sap, wash the skin immediately with soap and water and keep the area away from the sun. If blisters or dermatitis appear, consult a doctor. When working around Hogweed, wear protective clothing (goggles, face masks, long-sleeved shirts, pants, gloves, boots).



WILD PARSNIP: (*Pastinaca sativa*). Wild Parsnip is an invasive species that was introduced to North America by European settlers who grew it for its edible root. Found all over Ontario, it grows on roadsides, recreation areas, sports fields and open areas. Like Giant Hogweed, the sap of Wild parsnip causes phytophotodermatitis in which the affected skin will redden within 24 to 48 hours of exposure. This is followed by painful blisters and a brownish skin pigmentation that can last for years. If the sap gets into the eyes it may cause temporary or even permanent blindness.



Anyone who gets sap on their skin should wash it off immediately with soap and water, and avoid exposure to sunlight by covering the affected area with a cool, wet cloth. If blisters appear, try not to rupture them. Keep the area clean and apply antiseptic cream.

More poisonous perennials to avoid...

POKEWEED: (*Phytolacca Americana*). **All parts of the plant are poisonous.**

Also called poke salad, cancer root, ink/pigeon/dragon berry, American nightshade.

Pokeweed is a poisonous herbaceous perennial that can grow to 8 ft (2.4m) in height. It has simple leaves on green to reddish-purple stems and a large white taproot. The flowers are green to white, followed by purple to almost black berries which are a food source for songbirds and some small animals.



Native to eastern North America, Pokeweed is found in meadows, the edges of woods and waste areas. It may persist in old gardens where it used to be cultivated for its leafy sprouts which (once cooked and re-cooked to eradicate the toxins) can be used as a green vegetable. If ingested without being twice boiled, pokeweed is a slow acting but violent emetic. Vomiting usually starts about two hours after the plant was eaten. Severe cases of poisoning result in purging, spasms and sometimes convulsions. Death can occur, usually due to paralysis of the respiratory organs. Cases of animal poisoning should be handled by a veterinarian. For human poisoning, call 911 immediately.

POISON IVY: (*Toxicodendron radicans*). Probably the most common and certainly the best known toxic plant in North America, Poison Ivy is a native vine found throughout Southern Canada. It grows along forest edges, in meadows and trails. All parts of the plant can be toxic to humans. Despite its name it is not a true ivy, but a member of the Cashew and Pistachio family.



Poison ivy triggers allergic contact dermatitis, causing a reaction in 60 to 80 per cent of those exposed. Symptoms include a red swollen itchy rash and blisters that leak clear to yellow liquid before crusting over and becoming scaly. Oil resin from the plant may be carried on any object it touches – from clothing and shoes to pet fur – then transferred to the skin.

Poison ivy is responsible for more cases of plant dermatitis in Canada than any other plant. If someone comes into contact with poison ivy, rinse the area immediately with soap and cool water for at least five minutes. (Hot water may spread the oil.) Keep the rash clean, dry, and avoid scratching. Antihistamines, drying creams, a cold compress or oatmeal bath may help. Severe cases may require prescribed treatment.

STINGING NETTLE: (*Urtica dioica*.) Originally native to Europe and Asia, Stinging Nettle is now also found across Canada including much of Ontario, having been brought here by settlers who grew it for its herbal properties. The plants, which thrive in damp, nitrogen-rich soil, grow in the same places every year, eventually forming large colonies. Both stems and leaves are covered by hollow hair-like structures which produce a painful sting on contact, followed by a bumpy rash and prolonged itching.



Initial reactions are usually short-lived, but repeated exposure can cause the pain to last for days. Hot temperatures and scratching can exacerbate the rash. Apply cool compresses, dab the area with aloe vera, or apply a paste of baking soda and water. If there are dock plants growing nearby, rub the affected area with the sap from a leaf to relieve the inflammation. This is not an old wives tale!

Complications from stinging nettle can occur including shortness of breath, tightening of the chest or throat, wheezing, stomach cramps and/or vomiting. You should seek immediate medical attention if any of these symptoms are experienced.

BY SIMON GELLER

New rescue boat for Brighton Auxiliary.

These are exciting times for Brighton Auxiliary Rescue Unit (BARU). After months of fundraising, the unit has purchased a 2012 Firestorm 30 rescue craft, built by Metalcraft of Kingston. This vessel will allow the marine rescue unit to access more areas of water in a shorter than ever response time.

Formed in 2009, BARU is a member of the Canadian Coast Guard Auxiliary (CCGA) operating out of Bay Street Municipal Marina in Brighton. The Unit works with the Joint Rescue Coordination Centre and allied agencies including Brighton Fire Department, 424 Squadron, OPP and other Coast Guard Auxiliaries.

BARU's area of responsibility is 600 square miles of Lake Ontario, from Colborne to the Murray Canal including Wellers Bay and Presqui'le Bay. The Unit has 20 volunteers at the ready 7/24 throughout the boating season.

For the last 12 months, BARU has been actively raising funds with a view to replacing its current 35 year-old boat. This, a former pleasure craft, is not suited for its Search and Rescue role, particularly in shallow or weedy areas or the rough open waters of Lake Ontario.



Unit leader Bill Bernaerts at the helm of the boat purchased by Brighton Auxiliary Rescue Unit.



The new boat, a 34-foot craft, is described as a true rescue vessel drawing only 26 inches of water but, in certain conditions, it can run in as little as 12 inches of water. The boat will be arriving at Bay Street Marina within a few weeks. BARU is planning a "Thank-you Ceremony" at the boat later in the season (COVID 19 dependent).

Thanks to generous donations from community organizations and individuals, enough money has been raised to purchase the boat. However, another \$62,000 is required to re-fit the vessel for rescue configuration. Donations can be made at Pare's Home Hardware, Brighton or online at charity.gofundme.com/new-rescue-boat.

OH CANADA!! TWELVE DISCOVERIES THAT CHANGED THE WORLD.

1. Insulin: In 1922, Toronto scientists Frederick Banting and Charles Best discovered the relation between the hormone insulin and diabetes. James Collip helped purify insulin and make it available for clinical use.

2. Standardized time: In 1883, Scottish-Canadian Engineer Sandford Fleming proposed a 24-hour worldwide clock by dividing the globe into 24 time zones based on longitude lines. Acceptance was slow but by 1929 most countries were on board. You could say it was about time...

3. The Odometer: In 1854, Nova Scotia inventor Samuel McKeen created a device that measured distance with each revolution of a carriage wheel. Road trips have never been the same since.

4. Foghorn: In 1854, Scottish-Canadian, Robert Foulis invented a steam-powered foghorn which was installed in Partridge Island lighthouse, St John NB. Foulis, who omitted to patent the idea, died in poverty in 1866.

5. Snow removal: With no shortage of the white stuff each winter, it's not surprising that Canadians would be responsible for two handy inventions. Toronto dentist J.W. Elliot came up with the idea of a rotary snowplow to clear train tracks. Then Montreal's Arthur Sicard, inspired by agricultural equipment, took the idea further, and the modern snowblower was born.

6. Walkie-Talkie: Don Hings invented what he called the "Packset" in 1937. When Canada declared war on Germany, Hings went to Ottawa where he helped develop his device for military use.

7. McIntosh Apples: In 1811, John McIntosh began grafting a wild apple tree on his farm at South Dundas, Ontario. It took until 1835 to perfect. Folks have enjoyed the fruits of his labor ever since.

8. Instant replay: In 1955, CBC TV producer George Retzlaff used a kinescope to create the first-ever Instant Replay during a broadcast of Hockey Night in Canada.

9. IMAX: Filmmakers Graeme Ferguson, Roman Kroiter, and Robert Kerr together with engineer Robert C. Shaw founded IMAX in 1967. Kroiter produced the first IMAX film in 1970. Incidentally, George Lucas of Star Wars credited him with originating the idea of "The Force."

10. Peanut Butter: Invented in 1884 by Montreal pharmacist Marcellus Gilmore Edson as a source of protein and calories for people who couldn't chew. Folks have been going nuts for the spread ever since.

11. Trivial Pursuit: The famous board game was invented in 1979 by Scott Abbott, a Montreal sports editor, and Chris Haney, a photo editor, supposedly because they couldn't find all their Scrabble tiles.

12. The Caesar: Invented in Calgary in 1969, this savoury mix of clam juice, tomato juice and vodka can be garnished with a stalk of celery, a pickled bean or a wedge of lime plus a dash of tabasco. Since its invention, the Caesar has become a staple of the Canadian brunch scene. It is served over 350 million times a year.

BY DOROTHY FLETCHER
FOOD AND RECIPE EDITOR

Zucchini — no joke!!

Whether you get your zucchini left on the porch by an anonymous person, buy it at the market or grow it yourself, you are going to need some recipes. Oh, and what does a vegetable wear to the beach? A **zucchini** of course! (Sorry, couldn't resist!)

ZUCCHINI LOAF

2 eggs	1/2 teaspoon salt
1 cup sugar	1 teaspoon cinnamon
1/2 cup oil	1 teaspoon vanilla
1 1/2 cups flour	1 cup grated zucchini
1 teaspoon baking powder	3/4 cup nuts (walnuts, pecans,
1/2 teaspoon baking soda	sunflower or pumpkin seeds
	– your choice)

Blend eggs, sugar and oil together. Mix together dry ingredients. Add to egg mixture and stir until blended. Mix in vanilla, zucchini and nuts. Place in an oiled loaf pan (suggest 8.5 x 4.5") and bake at 350F for about 1 hour or until a tester inserted in the centre comes out clean. Cool and wrap in foil or plastic. Tastes better the next day.



ZUCCHINI RELISH

10 cups chopped zucchini
4 cups chopped onions
1 green pepper, chopped
1 red pepper, chopped
5 tablespoons pickling salt
2 1/2 cups white vinegar
1 tablespoon ground nutmeg
1 tablespoon dry mustard
1 tablespoon turmeric
1 tablespoon cornstarch
2 teaspoons celery salt
1/2 teaspoon ground pepper
4 1/2 cups sugar



Day 1: Chop vegetables finely and mix in salt. Cover and let stand overnight in a cool place.

Day 2: Drain the vegetables. Rinse with cold water and drain again. Place the vegetables in a large pot with the remaining ingredients. Bring to a boil then simmer for 30 to 45 minutes or until thick.

Pack the mixture into hot, sterilized pint jars leaving 1/4" headspace. Seal and process for 10 minutes in a boiling water bath canner. Ensure a proper seal is made then store in a cool place.

Makes about 7 pints.

So much Zucchini – so little time...

Don't compost it! Trim, then cut zucchini lengthwise and scrape out any large seeds. Grate by hand or in a food processor. Pack the grated zucchini, without processing it any further, in one- or two-cup measures in freezer bags, and pop into the freezer. You can use the defrosted zucchini in chilli or spaghetti sauce to add a bit of nutrition and fibre. In fact, you don't even have to defrost it – just let it melt into the sauce as it simmers.