



# Zucchini

Choose zucchini that is bright green, firm and slender. Zucchini should be free of bruises, cuts or wrinkled skin.

Zucchini are the fruit of the plant. However, since they do not have a sweet taste we call them vegetables.

Zucchini, like most squash, has its ancestry in the Americas. However, the zucchini that we are familiar with today originated in Italy.

Zucchini can grow in Iowa. A zucchini plant is easy to grow and can produce a lot of zucchini.



## NUTRITION FACTS

GOOD SOURCE OF VITAMIN C  
FAT FREE  
SODIUM FREE  
CHOLESTEROL FREE

## VARIETIES

Zucchini is a common type of summer squash. Yellow summer squash is another common variety. Summer squash, unlike fall squash, has a soft rind because it is picked before it matures.

## USES

Zucchini can be eaten raw in a salad, sauteed in a dish, grilled or baked into breads. The flowers of zucchini plants can be stuffed with cheese and other ingredients and baked.

