

— ZUCCHINI —

What are they?

- Zucchini is a type of summer squash. They are related to both melons and cucumbers because they are considered gourds.
- Zucchini has a light to dark green colored skin and a creamy-white inside flesh. It looks a lot like a cucumber!
- It has a mild flavor making it easy to add to a variety of recipes without changing the flavor.



When are they available?

- Harvested locally July through September

What's so cool about them?

- The flowers of a zucchini plant are edible just like the zucchini squash itself.
- Zucchini flowers are preferred by Mexicans who use them in soups and as a quesadilla filling.
- Technically, zucchinis are not a vegetable; they are a fruit because they grow as an enlarged part of a flower.
- Zucchini is delicious raw or cooked. Zucchini noodles or “zoodles” are becoming popular. Make spiral strands of zucchini using a spiralizer or shave zucchini into ribbons using a vegetable peeler. The “zoodles” are then substituted for pasta.



Why should I eat them?

- Zucchini is made of about 95% water which makes it low in calories.
- The thin skin of a zucchini squash contains most of its nutrients including Vitamin C, Vitamin B6, and Manganese.

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