

Zucchini



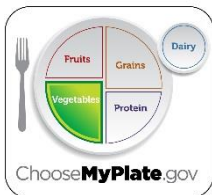
Zucchini is a summer squash and in the same plant family as melons, pumpkins and cucumbers.

USES AND TIPS

Select small to medium-sized zucchini for the best flavor. Choose zucchini with bright-colored, shiny skins that are firm and heavy for their size. Avoid ones with cuts and bruises. Store in the refrigerator for one week.

Zucchini can be eaten raw or cooked:

- Try raw zucchini sliced with hummus or low-fat dip or add it to salads.
- Zucchini can be sautéed, roasted, grilled, or stir-fried. Try spiralized zucchini noodles as an alternative to pasta.



NUTRITION NOTES

- One cup of sliced zucchini contains 20 calories, no fat and 1 gram of fiber.
- Zucchini is a good source of **potassium** (*keeps your muscles working properly*) and **vitamin C** (*helps the body heal and fight infections*).
- Try to leave the skin on when eating, it contains many of the nutrients.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Zucchini are 95% water.

The word zucchini comes from the Italian word for squash, “zucca”.

Squash flowers are edible, raw or cooked.

Summer squash are harvested at the immature stage, when their skin is tender.

The largest zucchini on record weighed 65 pounds.

Squash is native to the Americas. Zucchini was introduced to the United States by Italians in the 1920s.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Zucchini is a warm season crop and easy to grow. Plant seeds after the danger of frost.
- Zucchini grows to maturity in about 45-60 days.
- Commercial squash production occurs primarily in southern Georgia.
- Zucchini is in season in Georgia from May through October.

Georgia Department of Education School Nutrition Program

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