

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program



- ◆ **Zucchini is the only fruit that starts with a Z.**
- ◆ **Zucchini, like all squash was first grown in the Americas. However, the kinds of squash we know as zucchini were developed in Italy. In fact the word zucchini comes from ‘zucca’ the Italian word for squash.**
- ◆ **Zucchini is high in fiber. And has more potassium than a banana.**
- ◆ **The world’s largest zucchini was 69 1/2 inches long.**
- ◆ **But Biggest is NOT Best. The most flavorful zucchini’s are small –to-medium sized and the darker the skin, the richer.**