



Zucchini

Try a NEW food today!

Did you know. . .that zucchini contain 93% water and are only 23 calories?

Fun Facts

- A zucchini has more potassium than a banana.
- Zucchini is an excellent source of dietary fibers, vitamins A, C and B9 (folate) and minerals such as manganese and potassium.
- The word zucchini comes from ‘zucca’ the Italian word for squash.
- The flower of the zucchini plant is also edible.
- Zucchini is bushy plant. It has light green, prickly stem that can reach 2.93 feet in height.
- Zucchini are a member of the cucumber and melon family.
- One zucchini is called a “zucchina”.

