

ZUCCHINI

Zucchini, *Cucurbita pepo*, is a member of the cucumber and melon family. Zucchini is also called a courgette (by mainly French and some English-speaking countries).

Zucchini can be dark or light green. The flower of the zucchini plant is also edible.

The world's largest zucchini on record was 69½ inches long, and weighed 65 pounds, grown by Bernard Lavery of Plymouth Devon, UK.

The word *zucchini* comes from the Italian *zucchini*, meaning small squash. Zucchini has its ancestry in Central and South America, where people have been eating it for several thousand years. The zucchini we know today is a variety of summer squash developed in Italy in the 15th century. The Italians brought them to the United States in the early 20th century.

Small to medium sized zucchinis are the most flavorful; and the darker the skin, the richer the nutrients.



Did you know? A zucchini has more potassium than a banana!



Zucchini is a good source of B vitamins, vitamin A, vitamin C, potassium, magnesium, and manganese.