



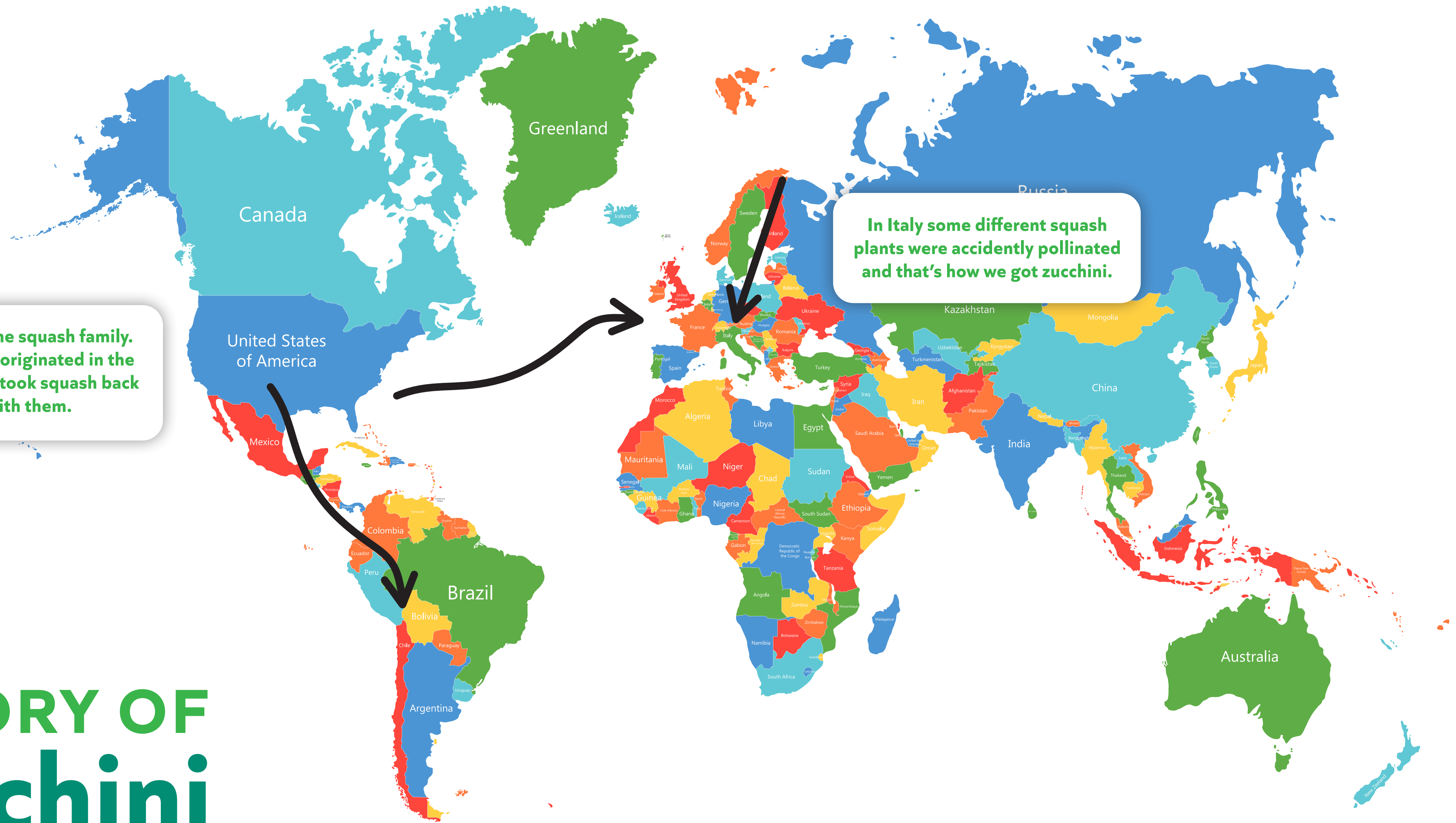
HARVEST OF THE MONTH:

Zucchini

HISTORY OF Zucchini

Zucchini is part of the squash family. All squash varieties originated in the Americas. Explorers took squash back to Europe with them.

In Italy some different squash plants were accidentally pollinated and that's how we got zucchini.

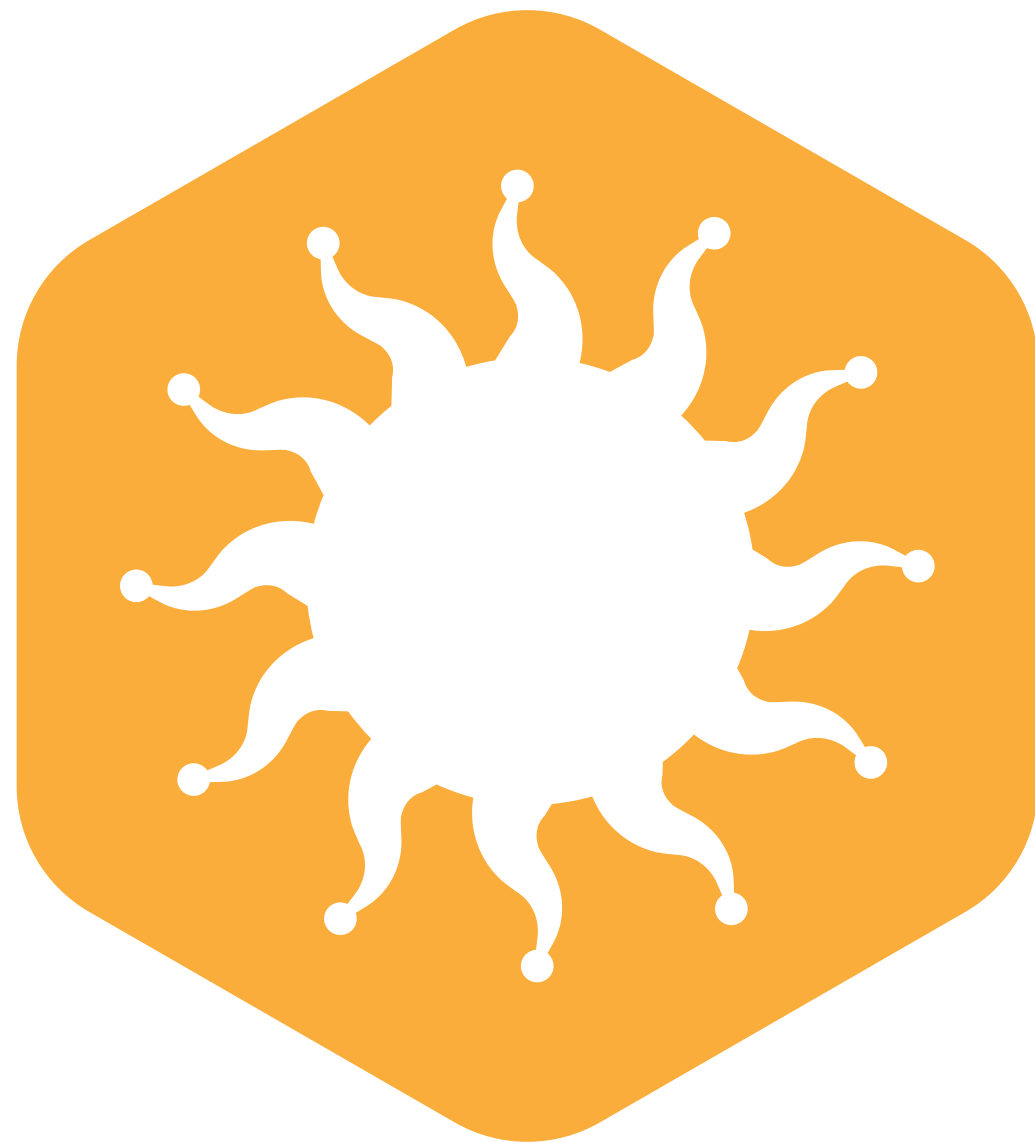




Zucchinis grow
on a vine. After pollination,
the zucchini flowers swell to
become the zucchini we eat.

HOW DO ZUCCHINI GROW?

WHAT SEASON DO WE PICK ZUCCHINI?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT ZUCCHINI?

Healthy immune system
(prevents colds)



Healthy muscles



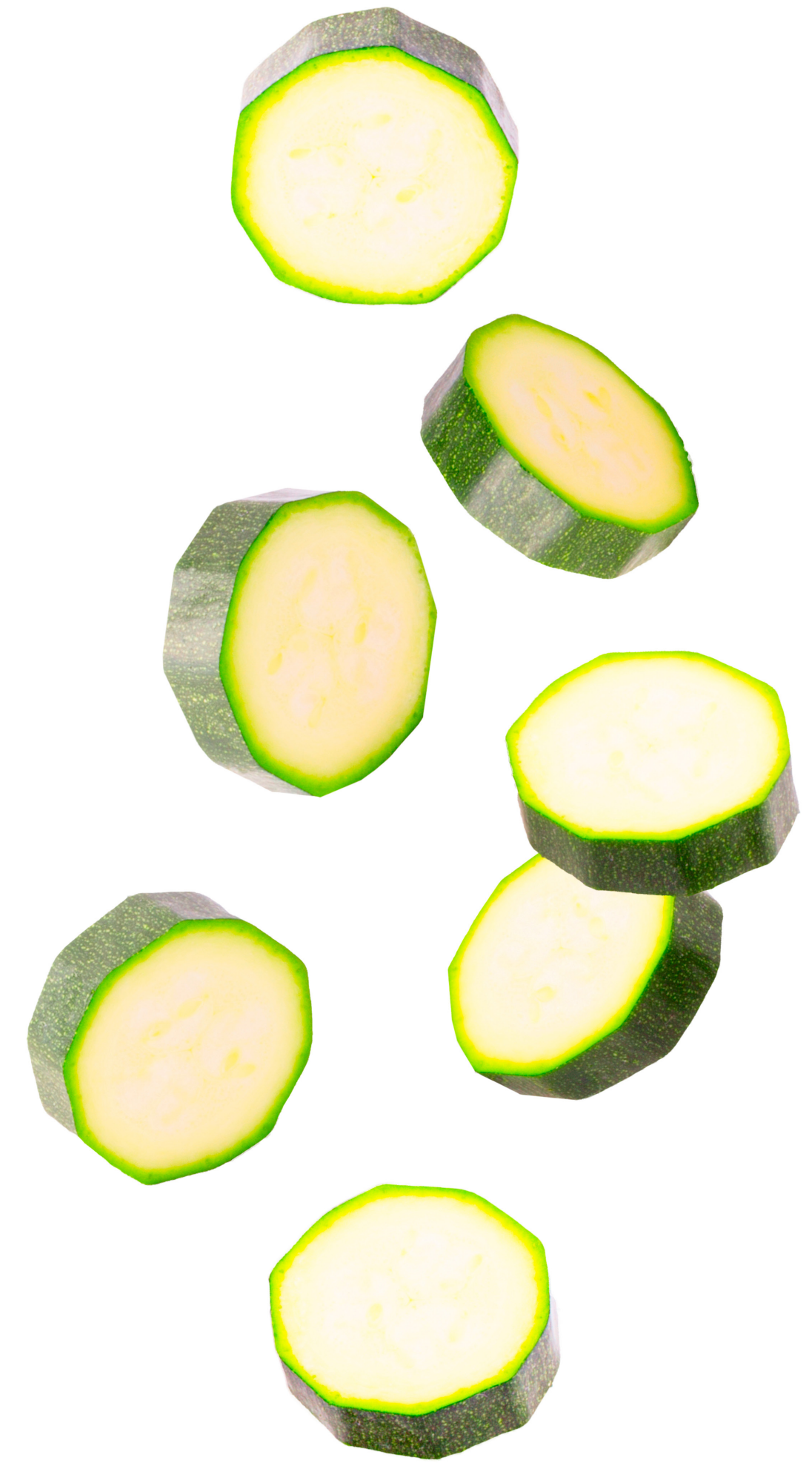
B Vitamins
(Healthy bodies, cell metabolism)



HOW DO YOU PICK GOOD ZUCCHINI?

- The Zucchini should be firm and not have mushy spots on it.
- It should be dark green in color.
- Smaller zucchini is usually more tender and more flavorful.
- If you grow your own zucchini you should pick it at least every other day.
- You can eat the yellow flowers of zucchini plants.

FUN FACT: Once a zucchini has started to grow, it can grow up to an inch a day.





LET'S TRY SOME Zucchini!

