

ZUCCHINI



- ◆ Zucchini is fat free, cholesterol free, low in sodium, rich in manganese and vitamin C and has more potassium than a banana.
- ◆ Summer squashes, as well as winter squashes, are native to the Americas. Archaeologists have traced their origins to Mexico, dating back from 7,000 to 5,500 BC.
- ◆ The zucchini eventually found its way to Italy where it was named zucchini.
- ◆ The flower of the zucchini plant are edible. Fried squash blossoms are considered a delicacy.
- ◆ The largest zucchini measured 69 1/2 inches long and weighed 65 pounds.
- ◆ The town of Obetz, Ohio has an annual Zucchini Fest each year.
- ◆ Zucchini bread is considered one of the most popular ways to use zucchini.

