

# Zucchini

Spring • Winter • Fall



## General Information

The word “zucchini” comes from the Italian word for squash, “zucca”. *Did you know* that the flower (or blossom) of a zucchini plant is also edible? In fact, fried squash blossoms are considered a delicacy in many places. In addition to frying, the blossoms taste great when baked or steamed, stuffed with cheese. Popular in Mexico, they are often cooked into quesadillas and soups.

## Health Benefits

They are rich in vitamin C and manganese and a good source of dietary fiber.

## Storing & Cooking Information

**Handling:** Whether purchasing or picking zucchini—choose firm, slender zucchini with a bright green color and free of wrinkled skin and soft spots. For best quality, harvest zucchini when it is young and tender, about 6 to 8 inches long and about 2 inches in diameter. As zucchini gets longer and bigger around, it becomes tougher and develops more seeds. Wash it well. Trimming off the base and neck is only needed.

**Storing:** Zucchini likes humidity, wrap in plastic or beeswax and store in refrigerator for up to 1 week, make sure the zucchini is dry before storage.

**Freezing:** Select squash when 5 to 7 inches long and rind is tender and seeds small. Simply wash and cut in pieces. Blanch 1/4-inch slices 3 minutes and 1 1/2-inch slices for 6 minutes. Chill immediately in ice water, pack in freezer containers, date and freeze.

**Tips:** Zucchini is very versatile and can be eaten in variety of ways, raw or cooked. Zucchini bread is popular way to consume. Add shredded raw pieces to our favorite salad.

# Zucchini Zowie

**Yield:** 8 servings (1/2 cup)

**Cook time:** 45 minutes

## Ingredients

- 2 medium **zucchini**
- 1 **can diced tomatoes (14.5 oz)** with juice
- 1 teaspoon **garlic powder**
- 1/2 tsp **salt**
- 1 tablespoon **parmesan cheese**



## Preparation

1. Preheat oven to 375 degrees F.
2. Wash and slice the zucchini.
3. Lay zucchini in a pie pan and pour tomatoes with juice over the top.
4. Sprinkle garlic powder, salt, and parmesan cheese on zucchini.
5. Bake uncovered for 35 to 40 minutes.
6. Cool slightly then serve. Refrigerate leftovers within 2 hours.