

Zucchini

Zucchini is a summer squash that grows on non-vining bushes and do best on medium-textured soils. Zucchini can be dark or light green, or deep yellow or orange color. Zucchini has a delicate flavor, cooks quickly in many ways, can be eaten raw, or used in breads.

Scientific name: *Cucurbita pepo*

Days to harvest: 50-60 days, mostly in August-December

Plant spacing: 24-30 inches in rows 3-4 feet apart

Planting depth: 1-2 inches

Major Diseases & Pests



Pickle worm



Powdery mildew



Yellow mosaic virus



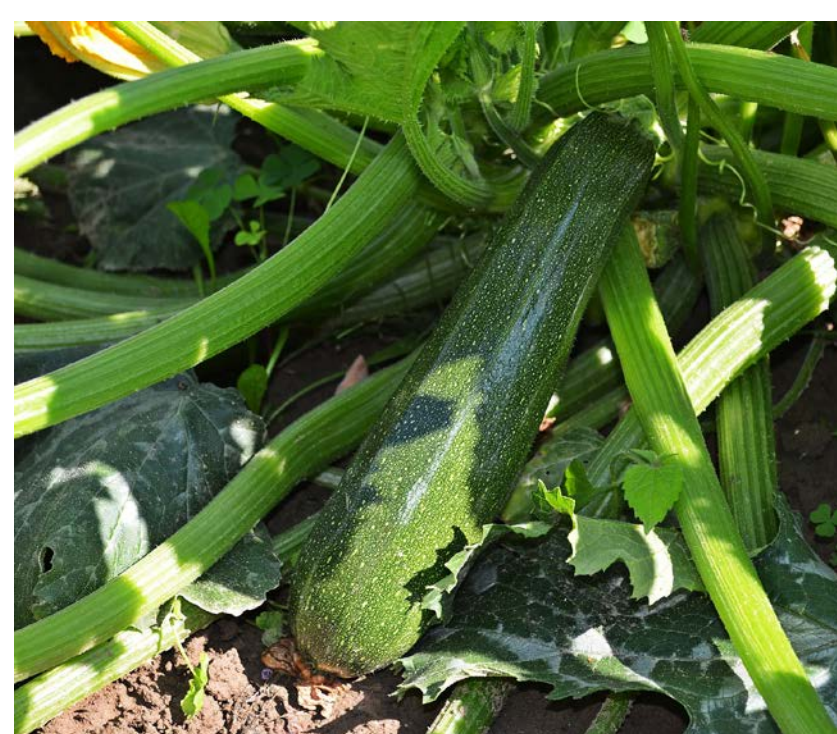
Melon fly



Other Names: Zucchini, Summer Squash

Irrigation, Harvest and Storage

- Shallow root system may require frequent irrigation.
- Pick fruit at immature stage; flesh and skin are tender and succulent.
- Refrigerate unwashed in perforated or loosely closed plastic bag for up to one week.



Zucchini, raw 1 cup, sliced

Nutrition Facts

1 servings per container	
Serving size	1 cup (180g)
Amount Per Serving	
Calories	30
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 455mg	10%
Vitamin A	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Selection and Preparation

- Select young zucchini less than 8 inches long with soft, immature seeds.
- Zucchini can be steamed, boiled, grilled, stuffed and baked, fried, or eaten raw in a cold salad. Mature zucchini can be grated and baked in bread or cake.
- Zucchini can be cut with a spiralizer to make zucchini noodles.

