

ZUCCHINI; WHAT YOU NEED TO KNOW

The name “zucchini” comes from the Italian word “zucca” that means squash

A medium zucchini has only 25 calories

Zucchini flowers are edible and considered a delicacy

The world’s largest zucchini weighed 65 pounds and was 70 inches long. (compare this to your height)

Zucchini are 95% water

Italians brought zucchini to the US in the 1920s

Zucchini is treated as a vegetable but it is a fruit

The nutrients in zucchini can help prevent cancer and heart disease

A zucchini has more potassium than a banana

There is a soap bar available that is made from real zucchini

There is a three day annual Zucchini Fest in Ohio that features parades, queens, contests, arts and crafts, and everything zucchini!

April 25 is National Zucchini Day

There is a band in NY called the Zucchini Brothers

Zucchini is high in antioxidant vitamin C that helps lower bp