

ZUCCHINI PROFILE

MAY-OCTOBER



IT PAIR WELL WITH...

- BASIL, GARLIC
- PECORINO, PECANS
- EGGPLANT, ONIONS, TOMATO

PREPERATION TECHNIQUES...

- FRY
- PAN ROAST
- GRILL
- GRILL
- SAUTE
- STEW

NUTRIENTS AND BENEFITS

- Vitamin C
 - Maintain blood pressure, support immune system, help absorb iron
- Vitamin A
 - Regulate growth and division of cells, eye health, immune function
- Potassium
 - Lower blood pressure and reduce risk of stroke, regulate fluid balance

ANTIOXIDANTS AND BENEFITS

- Lutein
 - Support eye health, protect against oxidative stress
- Zeaxanthin
 - Protect retina, reduce concentration of free radicals
- Vitamin K
 - Works as an antioxidant to protect against oxidation

Nutrition Facts

Serving size: 1 cup
Servings: 1

Amount per serving

Calories **31**

% Daily Value*

Total Fat 0.4g 0%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 6.6g 2%

Dietary Fiber 2.2g 8%

Total Sugars 3.4g

Protein 2.4g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 1mg 4%

Potassium 514mg 11%

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

KEEP IN MIND...

- **Notable flavor**
 - Grassy, earthy, slightly sweet, relatively mild, buttery
- **Can you consume it raw?**
 - Yes! Although, zucchini is more commonly seen cooked into zucchini chips, noodles, or as a side dish
- **What parts of the plant can you eat?**
 - The entire body of the zucchini can be consumed, except for the stem
- **Short term storage**
 - Low humidity, cool, dark place such as the fresh drawer in the fridge
- **Long term storage**
 - Blanch and shock squash after it is peeled and cut up, keep in freezer for up to 3 months