



Hey kids, become a FOOD EXPLORER and check this out!

Zucchini



Did you know...?

- Zucchini are easy to grow in Massachusetts. One reason they're popular is because you can use them in so many dishes and meal—even in breads and desserts.
- Zucchini look like cucumbers and are 95% water.
- The zucchini we eat today became popular in Italy. The word “zucchini” comes from an Italian word for “small squash.”
- Smaller zucchini (less than 6 or 7 inches long) taste best, but some have grown to more than 6 feet long.

DELICIOUS AND NUTRITIOUS

You can eat all parts of a zucchini—even zucchini flowers.

A SUPER SNACK IDEA

Zucchini wedges make great dippers.
Serve them raw with your favorite dips.

ZUCCHINI HUMOR

What's a zucchini's favorite game?
Squash!