Zucchini

A fruit vegetable

What nutrients are found here?

Vitamins C, B6, Riboflavin,
Manganese, & Water

What do those nutrients do in my body?

- Aid in the formation of bones, tissues, hormones, & blood clotting factors.
- Support metabolism, calcium absorption, & nerve health.

How/Where can I grow my own zucchini?

- In the ground or in a raised bed.
- They grow in a large bush & need plenty of room to grow.
- Zucchini thrives in direct sunlight & in warm temperatures.

How should I store freshly picked zucchini?

- Store in the fridge, unwashed.
- Wrap the whole zucchini in a damp towel.

How can I eat zucchini?

- Any way you want!
- Grilled, baked, stir-fried
- Baked into breads, muffins, brownies, or lasagnas

