

# Harvest of the Month

Zucchini



## FUN FACTS:

The Italians brought zucchini to the United States in the 1920s. It is exceptionally easy to grow.

The most flavorful zucchinis are small- to medium-sized. The largest zucchini recorded was 69 inches long and weighed 65 pounds (huge!).

Zucchini contains over 90% water.

The nutrients found in zucchini can help prevent cancer and heart disease. For its anti-oxidant benefits, be sure to eat the seeds and the skin. And, you can eat the blossoms too!

This institution is an equal opportunity provider.

