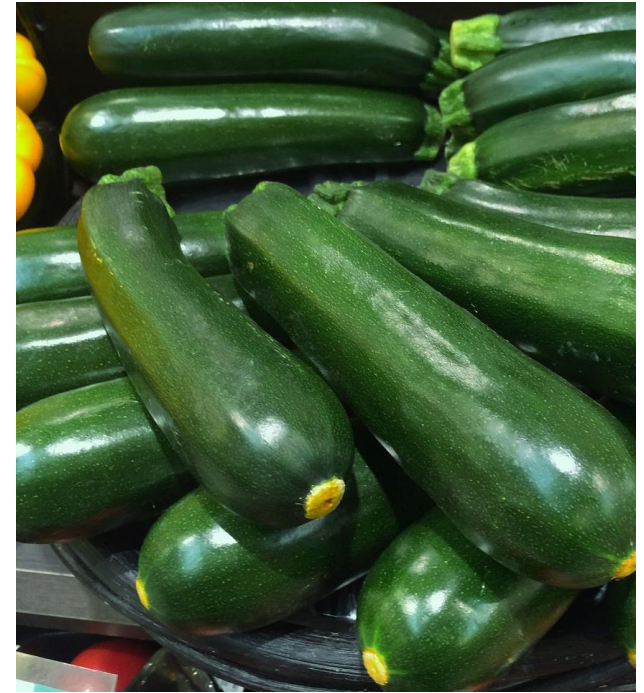




ZUCCHINI

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



WHAT ARE ZUCCHINI?

Question

What are zucchini?

Answer

- Zucchini are also called “**courgettes**”
- Zucchini are a type of **summer squash**
- Zucchini are technically a fruit, but are **used as a vegetable** in most recipes
- **Over 100 kinds** of zucchini exist
- **Zucchini flowers are also edible**





**WHEN IS
THE BEST
TIME TO
BUY
ZUCCHINI?**

Question

When is the best time to buy zucchini?

Answer

Zucchini are best during their growing season and after harvest (**May to November**)

Zucchini are available year round, but are cheapest during this time

You can also **grow zucchini** as they grow very well in Manitoba's warm, dry, summers





**WHAT IS THE BEST TYPE OF
ZUCCHINI TO BUY?**

Question

What is the best zucchini to buy?

Answer

Zucchini come in a variety of colors and sizes:

Small (< 6 inches)

Medium (6-8 inches)

Large (> 8 inches)



Yellow

Grey

Green

Dark green

Small/medium zucchini are usually more flavorful.
You may have to try a few different colors and sizes to find your favorite!



**WHAT IS
THE BEST
WAY TO
CHOOSE
ZUCCHINI?**

Question

What is the best way to choose zucchini?

Answer

It should be **firm, glossy**, and slightly **fuzzy** with a **stem that is not dry**.



A close-up photograph of several zucchinis resting on a dark, textured wooden surface. The zucchinis are green with characteristic bumps and ridges. The image is slightly blurred, giving it a soft, artistic feel. The text is overlaid in the center in a bold, white, sans-serif font.

WHAT IS THE BEST WAY TO STORE ZUCCHINI?

Question

What is the best way to store zucchini?

Answer

- **Wrap zucchini** tightly in a bag and store in the refrigerator.
- **Do not wash zucchini** before storing – it will keep longer.
- Do not allow zucchini to be **bruised or nicked**.
- Use within **5-7 days**.

Preparing Zucchini

1 Wash the zucchini and trim off the ends.



Preparing Zucchini

2

Shred
zucchini,
or...



Cut into
rounds,
or...



Cut into
sticks,
or...



Cut into
cubes.





**WHAT ARE SOME WAYS
TO ENJOY ZUCCHINI?**

Question

What are some ways to enjoy zucchini?

Answer

There are many ways to eat zucchini:

- Season it and **grill** it
- Use it in **place of potatoes**
- Eat it **raw** (e.g.: in a salad)
- **Broil, boil, or steam** it



- **Stuffed** zucchini
- Zucchini **pickles**
- Zucchini **pancakes**
- Use it in pasta **sauc**es
- Use it in **baking** (e.g.: zucchini loaf)



**CAN
BABIES
EAT
ZUCCHINI?**

Question

Can babies eat zucchini?

Answer

The best time to **introduce zucchini** is when baby is around **7-8 months old**.

Boil or steam zucchini.
Then **mash or puree**.

For **9 month old babies** the zucchini can also be **diced** and served in **bite sized pieces**.





**HOW SHOULD LEFTOVER
ZUCCHINI BE STORED?**

Question

How should leftover zucchini be stored?

Answer

Store zucchini in a **sealed container** in the **refrigerator** for no longer than **3 days**

