


A collage of zucchini slices and a yellow flower on a dark green background. The slices are scattered around the central text, and a large flower is on the right side.

Zucchini Squash

Fun Facts:

- Did you know that Zucchini was brought to the US in the 1920's?
- The flower that grows on the Zucchini plant is also edible!
- This vegetable can be all sizes (small, medium, large)!
- The squash is part of the Gourd Family.

Nutritional Information:

A large, detailed illustration of a yellow zucchini flower with green leaves, positioned in the bottom left corner.

Most of the vitamins and minerals in Zucchini are found in the skin. Zucchini contains fiber, which promotes good digestive health and helps to lower cholesterol.