



Zucchini

Growing & Harvest Info

Sow seeds 1 week after the last spring frost to midsummer. Plant seeds in moist, well-drained soil and full sun. Add compost to create a rich soil base. Plant seeds 1 inch deep and 2-3 feet apart. Add mulch later on to help retain soil moisture. Zucchini usually reach maturity in 60 days.

Harvest zucchini before it reaches full maturity, when the skin is soft and tender. When harvested early, the skin is edible and the fruit has a short shelf-life. Once the plant starts producing, pick daily; otherwise, it will stop producing. To harvest, cut fruit off the vine with a sharp knife, leaving a 1 inch stem on the fruit. Handle fruit with care and wear gloves to protect hands from prickly leafstalks and stems.

Zucchini blossoms are also edible. Harvest only the non-fruit producing male blossoms, which are much thinner, leaving a few for pollination. Cut zucchini blossoms at midday when the petals are open, leaving one inch of stem.

Nutritional Benefits

Zucchini

Source	Rating
Vitamins	GOOD
Minerals	MODERATE
Fiber	MODERATE

Introduction

Zucchini squash is a popular variety of summer squash. It is easy to grow and produces several fruits a day during peak season. Pumpkins and zucchini come from the same species of plant; they are both cultivated varieties ("cultivars") of *Cucurbita pepo*.

Preservation

Storing:

- Store zucchini, unwashed, in plastic bags in the refrigerator. Wash zucchini just before using. Zucchini will keep this way for up to 10 days.
- First, gently rinse zucchini blossoms in a pan of cool water, and then store in ice water in the refrigerator until ready to use. The flowers can be stored this way for a few hours or up to 1-2 days.

Freezing:

- Cut zucchini in half lengthwise and cut away the seedy middle section. Slice or cut into cubes.
- Blanch zucchini by boiling in water for 3 minutes and then immediately placing in an ice bath for 5 minutes.
- For zucchini bread, do not blanch. Wash, grate and separate zucchini into one cup portions.
- Drain and seal in airtight freezer bags or containers, leaving 1/2 inch head space.

Pickling:

- Boil 2 cups of white vinegar, 3 tbsp of salt, 2 tbsp of mustard seeds, and 3 cups of water for about 5 minutes.
- Divide 6 dill sprigs, 4 sliced garlic cloves, 2 pounds of zucchini and 1 red onion, both thinly sliced, between 2 1-quart jars.
- Pour hot liquid into jars, leaving 1/2 inch head space. Let cool for about an hour, then seal.

Vegetable state	Use by
Raw	10 days
Frozen	1 year
Pickled	1 year



Zucchini

Zucchini's have more potassium than bananas. Other nutrients and vitamins found in zucchini's help prevent cancer and heart disease.

Prepare zucchini like this:

Baked	Raw
Grilled	Roasted
Mashed	Sautéed
Pickled	Steamed

Try zucchini in:

Casseroles
Omelets
Pastas
Salads
Sandwiches
Slaws
Soups
Stews

Recipe 1: Baked Zucchini

Ingredients

- 3 lbs zucchini, sliced
- 1/2 cup (1 stick) butter, melted, divided
- 1/2 cup onion, chopped
- 2 eggs, lightly beaten
- 1 tbsp sugar
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup fresh bread crumbs

Directions

- Preheat the oven to 375 degrees F. Boil or steam the zucchini until tender. Drain, then mash.
- In a large bowl, mix the zucchini, 1/4 cup of melted butter, onion, eggs, sugar, salt and pepper. Add the mixture to a 2-quart casserole dish. Mix the bread crumbs with the remaining butter and sprinkle over the top.
- Bake for about 45 minutes. Serve hot.

Recipe 2: Zucchini Tots

Ingredients

- 2 medium zucchini
- 1 large egg
- 1/2 cup grated cheese
- 1/2 cup panko bread crumbs
- 1 garlic clove, crushed
- 1/2 tsp pepper

Directions

- Preheat oven to 400 degrees F. Coat a large baking sheet with nonstick cooking spray.
- Shred zucchini and squeeze dry with paper towels. Mix shredded zucchini with egg, grated cheese, panko bread crumbs, garlic and pepper.
- Use 2 spoons to drop tablespoonfuls of mixture onto prepared baking sheet. Bake until golden brown, about 20-22 minutes, turning halfway through.