

# ZUCCHINI



## **History**

Zucchini is believed to be native to Italy, and it was brought to the United States by Italian immigrants after World War I.

## **Nutrition**

Zucchini is high in manganese, which is a mineral that is important for strong and healthy bones.

## **Fun Fact**

Squash blossoms, the flowers of the zucchini plant, are also edible, and they can be eaten raw or cooked.

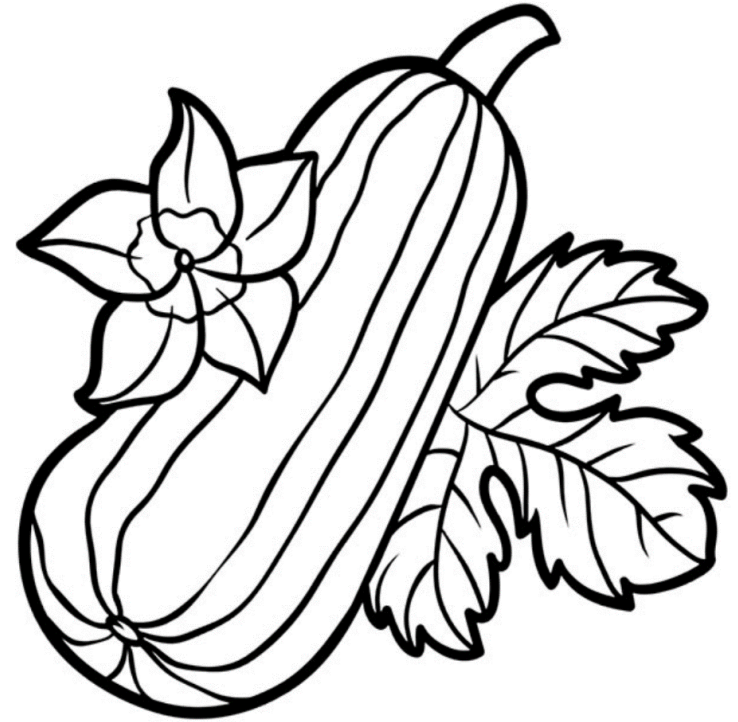
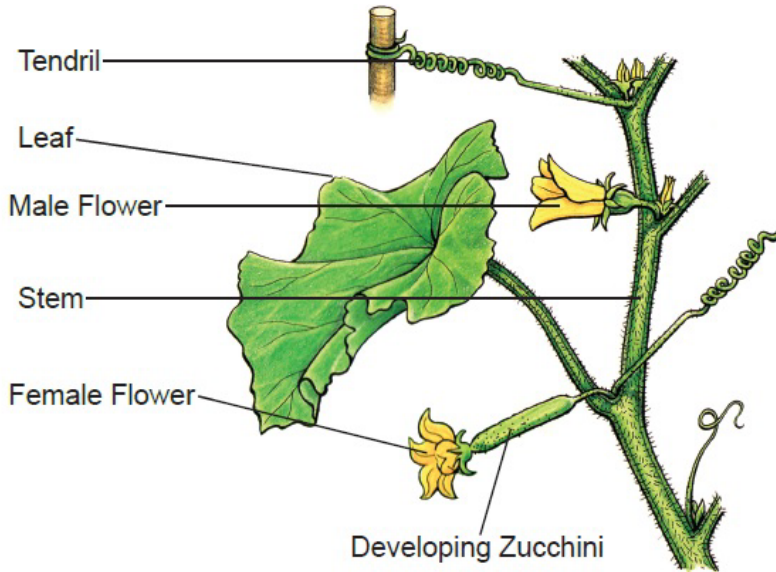
# Growing and Harvest



- Zucchini is a warm season crop that grows best during the summer months.
- The plants can survive temperatures over 100 degrees but don't grow well below 60 degrees.
- A zucchini plant usually has three times more male flowers than female flowers, and only the female flowers can bear fruit. Honeybees help pollinate the flowers.

# Activities

Study the drawing of a zucchini plant, then draw your own zucchini plant and label the different parts



Source: *Cool as a Cucumber, Hot as a Pepper*, Meredith Sayles Hughes, Lerner Books, 1999.