



Zucchini is one of the most favorite of summer squashes in Idaho, largely due to its high nutritious value and great taste.

Zucchini are often harvested fairly young in their growth, about 8-20cm long. If left on the vine it is not uncommon for a mature **zucchini** to reach three feet in length! However as the fruit grows larger in size, the vegetable becomes tougher and more fibrous, resulting in a slightly unappetizing texture.

Zucchini is one of the easiest plants to cultivate, and has a reputation among home gardens for often resulting in over production. This surplus of **zucchini** in many homes has resulted in many delicious **zucchini** recipes, one of the most liked and most common is **zucchini** bread. Although there is no large commercial production of **zucchini** in Idaho, many small growers do grow zucchini for sale in farmers markets and road side stands.

Zucchini's pack a big nutritional punch, containing folate, potassium, vitamin A, and vitamin C. With their high water content, zucchini's are very low in calories—only 18 calories per half cup of cooked zucchini.

