



## FUN FACTS ABOUT

# Zucchini Squash

- Zucchini is a common type of summer squash, meaning its skin is thin and edible.
- Zucchini squash grows in Iowa and is in season in July, August and September.
- Summer squash are high in vitamin C, vitamin A and fiber.
- For the best flavor and texture, choose zucchini that is slender, firm and bright green.
- Larger summer squash have bigger seeds and less flavor but they are good when stuffed or when grated for baked goods.
- Summer squash can be frozen in 1/2-inch pieces. Blanch first for best color and texture.

