

AgBite

A series of commodity insights

Did you know?

In addition to describing the time of planting, "summer squash" refers to their short storage life, compared to winter squashes.

Overview

- Zucchini are best when harvested very young, 6–8 inches long and no larger than 1½ to 3 inches in diameter.
- Squash, pumpkins and gourds are all fruits belonging to the botanical family.
- There are many varieties having different fruit shapes and colors. The three main types are: 1) yellow straight-neck or crooked neck; 2) white, saucer-shaped, scallop or patty pan; and 3) oblong, green, gray, or gold zucchini.

Production

Grows on non-vining bushy plants with broad leaves and hollow stalks.

Monoecious plant with large yellow male and female flowers on the same plant.

Frost will injure top growth; needs warm weather to grow.

Zucchini

Kingdom: *Plantae*

Division: *Magnoliophyta*

Order: *Cucurbitales*

Family: *Cucurbitaceae*

Genus: *Cucurbita*

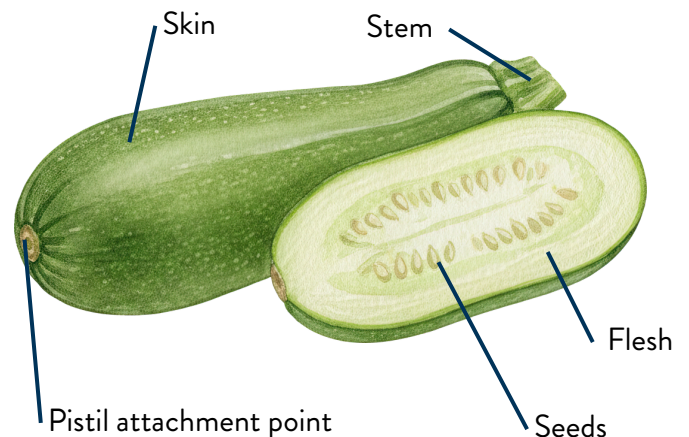


Nutritional Information

Includes skin, raw, 1 cup, chopped

Total Fat 0.22g	Potassium 324.88 mg
Sodium 12.4mg	Protein 1.5g
Total Carbohydrate 4.15g	Vitamin C 21.08 mg
Dietary Fiber 1.36g	Calcium 18.6 mg
Sugar 2.15g	Iron 0.43 mg

Zucchini Anatomy



Sources: <https://www.learnaboutnature.com/plants/vegetables/zucchini/>
<https://www.uaf.edu/ces/publications/database/food/zucchini.php>
<https://extension.umd.edu/resource/growing-summer-squash-zucchini-home-garden/>