

Green Zucchini Squash

Look: Zucchini has a cylinder shape with no taper from end to end. The coloring is dark green with white specks on the glossy skin.

Taste: Zucchini tastes mild, slightly sweet and sometimes bitter.

Touch: The skin of zucchini is smooth with harder ridges near the top. The inside flesh is sticky when raw.



Not only can you eat the whole zucchini, but the flower blossoms of a zucchini are also edible!



Did you know?

Zucchini is
95% water!



Nutritionals

