Zucchini

Introduction
Zucchini squash is a popular variety of summer squash. It is easy to grow and produces several fruits a day during peak season. Pumpkins and zucchini come from the same species of plant; they are both cultivated varieties (“cultivars”) of Cucurbita pepo.

Preservation

Storing:
- Store zucchini, unwashed, in plastic bags in the refrigerator. Wash zucchini just before using. Zucchini will keep this way for up to 10 days.
- First, gently rinse zucchini blossoms in a pan of cool water, and then store in ice water in the refrigerator until ready to use. The flowers can be stored this way for a few hours or up to 1-2 days.

Freezing:
- Cut zucchini in half lengthwise and cut away the seedy middle section. Slice or cut into cubes.
- Blanch zucchini by boiling in water for 3 minutes and then immediately placing in an ice bath for 5 minutes.
- For zucchini bread, do not blanch. Wash, grate and separate zucchini into one cup portions.
- Drain and seal in airtight freezer bags or containers, leaving 1/2 inch head space.

Pickling:
- Boil 2 cups of white vinegar, 3 tbsp of salt, 2 tbsp of mustard seeds, and 3 cups of water for about 5 minutes.
- Divide 6 dill sprigs, 4 sliced garlic cloves, 2 pounds of zucchini and 1 red onion, both thinly sliced, between 2 1-quart jars.
- Pour hot liquid into jars, leaving 1/2 inch head space. Let cool for about an hour, then seal.

Nutritional Benefits

Zucchini

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<thead>
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<th>Source</th>
<th>Rating</th>
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<tr>
<td>Vitamins</td>
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<tr>
<td>Minerals</td>
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<table>
<thead>
<tr>
<th>Vegetable state</th>
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<tr>
<td>Frozen</td>
<td>1 year</td>
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<td>Pickled</td>
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Recipe 1: Baked Zucchini

Ingredients

- 3 lbs zucchini, sliced
- 1/2 cup (1 stick) butter, melted, divided
- 1/2 cup onion, chopped
- 2 eggs, lightly beaten
- 1 tbsp sugar
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup fresh bread crumbs

Directions

- Preheat the oven to 375 degrees F. Boil or steam the zucchini until tender. Drain, then mash.
- In a large bowl, mix the zucchini, 1/4 cup of melted butter, onion, eggs, sugar, salt and pepper. Add the mixture to a 2-quart casserole dish. Mix the bread crumbs with the remaining butter and sprinkle over the top.
- Bake for about 45 minutes. Serve hot.

Recipe 2: Zucchini Tots

Ingredients

- 2 medium zucchini
- 1 large egg
- 1/2 cup grated cheese
- 1/2 cup panko bread crumbs
- 1 garlic clove, crushed
- 1/2 tsp pepper

Directions

- Preheat oven to 400 degrees F. Coat a large baking sheet with nonstick cooking spray.
- Shred zucchini and squeeze dry with paper towels. Mix shredded zucchini with egg, grated cheese, panko bread crumbs, garlic and pepper.
- Use 2 spoons to drop tablespoonfuls of mixture onto prepared baking sheet. Bake until golden brown, about 20-22 minutes, turning halfway through.