

## Zucchini

Zucchini is one of the most popular of the many types of summer squash (*Cucurbita pepo*).



Zucchini is easy to grow.

Plant 4-5 seeds in hills 2-3 apart. The flowers are bee-pollinated so leave them uncovered to allow for fruit set. Pick every few days to maintain plant productivity.

Squash vine borer can severely affect or kill plants by mid-season. Otherwise, zucchini has few pests or diseases.

When harvesting or purchasing zucchini, choose ones that are small to medium-sized (2-3" in diameter), firm and without soft spots or wrinkled skin. They will last for up to a week in a plastic bag in the crisper drawer of the refrigerator.

Zucchini is a good source of fiber, potassium, and vitamin C. Zucchini is also a good source of the carotenoids lutein and zeaxanthin.

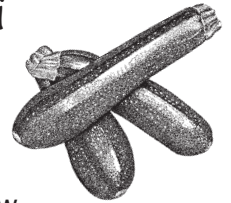
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## Additional Resources

### Zucchini

- UW-Extension Publication A3900-03 (part 2) *Summer Vegetables*, at <http://learningstore.uwex.edu/Summer-Vegetables-Part-2-P1487.aspx>
- UW-Extension Publication A1989, *The Vegetable Garden*, at <http://learningstore.uwex.edu/Vegetable-Garden-The-P518.aspx>
- *Growing Squash and Pumpkins in the Home Garden*, Ohio State Fact Sheet at <http://ohio-line.osu.edu/hyg-fact/1000/1620.html>

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