

Zucchini



Green, cylindrical squash are what most people think of when they think of zucchini, but the color can vary from a solid, deep green, to lighter shades with streaks or blotches of darker green. There are also bright yellow and bi-color cultivars. Zucchini can be smooth, or have pronounced ridges that produce star-shaped slices.

Zucchini can be planted by seed in Louisiana after the last threat of frost, around early to mid April. Zucchini can take an average of 50-65 days from planted to harvest. This is a quick turn around and provides a lot of produce!

Here are some different varieties of zucchini:



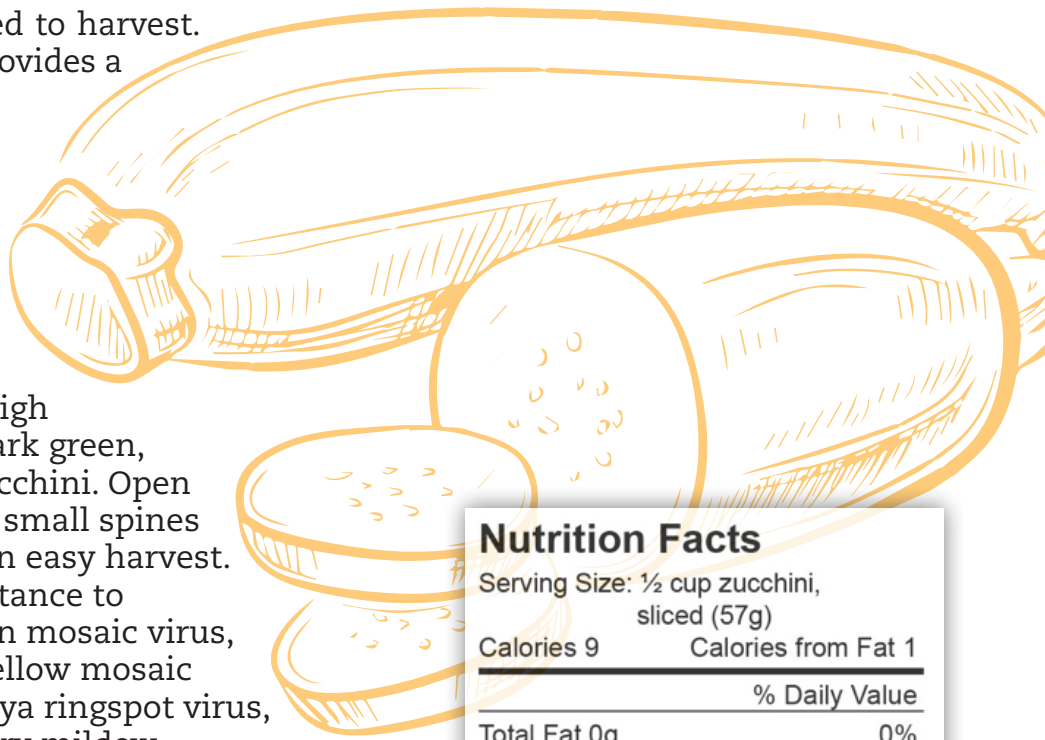
DUNJA
(F1 Hybrid,
Organic,
47 days)

Produces high yields of dark green, straight zucchini. Open plants and small spines make for an easy harvest. Some resistance to watermelon mosaic virus, zucchini yellow mosaic virus, papaya ringspot virus, and powdery mildew.



GOURMET GOLD
(F1 Hybrid, 55 days)

Produces beautiful, bright orange-yellow zucchini. Medium-sized plants are bushy and open, so harvesting is easy. Virus-resistant; produces over a long season.



Nutrition Facts	
Serving Size: ½ cup zucchini, sliced (57g)	
Calories 9	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 16%	Iron 1%

Developed by Stephanie Elwood, SUAREC Extension Associate
Resources: Image and descriptions courtesy of Johnny's Seeds and Burpee Seeds

Zucchini (continued)



CASERTA

(Heirloom, Open Pollinated, 65 days)

Produces beautiful, light greenish-grey zucchini with alternate, darker green stripes. Creamy, dense flesh with excellent flavor. These zucchini can be harvested larger than most varieties. Harvest at 12-16" (cm), just after the bottoms start bulbing. One of our favorites! It grows on compact, bushy plants, suitable for small gardens and containers. High yielding for an heirloom zucchini variety.



PATIO STAR

(F1 Hybrid, 50 days)

Bred for compact, specifically for growing in containers. Plants are open and spineless for easy harvest. Starts producing early and keeps producing through a long season. Beautiful dark-green leaves with silver veining make it a nice addition to any edible landscape.

Resources: Images and descriptions courtesy of Seeds Now and Territorial Seeds

Recipe



Asian Sesame Zucchini Stir Fry

INGREDIENTS

- ¼ cup packed fresh cilantro, finely chopped
- 3 tbsp. seasoned rice vinegar
- 1 tbsp. toasted sesame oil
- 2 cloves garlic, crushed with press
- 2 tsp. crushed red pepper
- 2 tsp. sugar
- 3 medium zucchini, spiralized

INSTRUCTIONS

In a large bowl, whisk cilantro, vinegar, oil, garlic, red pepper, sugar, and ½ teaspoon salt. Add zucchini; toss until well-combined. Serve immediately.

Source: Goodhousekeeping.com

Submit your completed form or letter to USDA by (1) mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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(2) fax: (202)690-7442 or (3) email: program.intake@usda.gov

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