

Zucchini

Zucchini is part of the gourd family along with melons, pumpkins, and other squash.

Zucchini is a type of summer squash, meaning its skin is thin and edible. It can be enjoyed raw or cooked.

Zucchini is an important source of vitamin C and potassium.

To retain the most nutrients, leave the skin on when eating!



Georgia's commercial squash production is concentrated in south Georgia.

Zucchini squash is in season in GA from May through October

#OhMySquash is the highlighted item this year for GA Farm to School Month in October.

Access a bounty of resources online at <https://georgiaorganics.org/for-schools/octoberfarmtoschoolmonth>



Georgia Department of Education School Nutrition