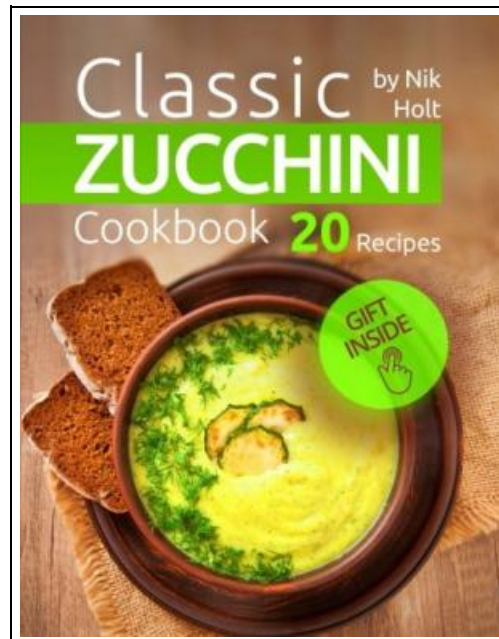


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Zucchini is from the Plant family Cucurbitaceae often referred to simply as The Cucurbit Family. In some countries it is recognized by the common name Courgette, but it is known as Zucchini in most parts of the world. Looking like a cucumber, Zucchini can be represented in a yellow variety but in the dark green is the most common. I have also read about White varieties but I have never cultivated them. There is a light green variety also. The Zucchini is the fruit of the Zucchini plant. In a similar fashion to tomatoes it is most usually treated as a vegetable and cooked in a similar fashion and served as a savory dish Zucchini s that is usually cooked from while cucumbers and served raw in salads and on sandwiches. There are many ways to cook Zucchini and I ll list some of these further in this article. The older a Zucchini fruit gets the less appetizing it becomes. It goes a little stringy and tough after some time. The Zucchini can reach up to a meter in length and would be allowed to use this length for Seed production. Zucchini have many nutritional qualities. It contains Folate, Potassium and Vitamin A, Vitamin C, Vitamin B6, Iron, Magnesium, Phosphorous, Potassium, Copper, Manganese, Thiamine, Niacin, Pantothenic acid and Zinc. Baking and Frying: Zucchini can be sliced and fried in olive oil and topped with crushed garlic and herbs. Whole Zucchini can be hollowed and baked with various fillings. For example, Spinach, Ricotta Cheese and finely chopped onion make an ideal filling for these Zucchini boats. Boiling and Steaming: Zucchini can be boiled or steamed with skins on. A sprinkle of Italian...

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