

# Zucchini Squash

- [Phytopedia](#)
- [FRUITS](#)



Zucchini lowers cholesterol and prevents cancers

## GEEK TALK

Curcurbita pepo

## BUT WE TALK

Courgette

## DID YOU KNOW?

The most popular of all summer squashes, zucchini ranges from light to dark green and is usually harvested when it is 6-8 inches in length although they can grow as high as 3 feet.

Zucchini has soft edible skin and is known for its very sweet taste. The zucchini plant itself produces differing male and female flowers.

## KITCHEN PHARMACY

- Zucchini is believed to be very helpful in lowering cholesterol and blood pressure.
- In addition, it is very helpful in preventing colon cancer and helps promote good prostate health.

