Fresh Vegetable

GREEN ZUCCHINI



Ref: ZUC-01

Italian name: Zucchini Verdi

Weight order: 4-5 kg

Description: The zucchini is a variety of cucurtbit, which means it's from the same family as cucumber, squash and melon. It is the most popular vegetable of the squash family, being extremely versatile, tender and easy to cook.

Season: From June until September

Serving suggestion: Try courgettes sliced thinly and eaten raw, cooked on a griddle, in a stir fry, or fried in a light batter as chips.

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