The Zucchini, or Italian Squash, is a summer variety of squash. These vegetables, green in color, were developed in Italy.

**Food Production**

Zucchini grows in a temperate climate. They require many bees for pollination. The flowers of the Zucchini plant can be eaten.

**Nutritional Qualities**

Zucchini is low in calories and has lots of potassium, which is good for the heart. It also contains vitamin A, which is good for eyesight, as well as manganese, which is important in building a good bone structure.

**Famous Dishes**

Zucchini bread, ratatouille, zucchini pancakes, pan-fried and stuffed zucchini, are just a few favorite dishes that use this vegetable.