MARROW VEGETABLES

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JUNE - 2021

Did you know?

• They belong to the cucurbitacea family and are either long or oval in shape. These vegetables have a smooth, thin and edible peel that can vary in colour from light beige to deep green.

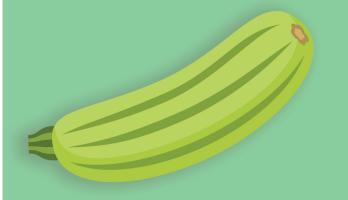
• The term marrow refers to several varieties of thin-skinned, tender summer squash or Zucchini.

• Marrows are rich in nutrients. Eating them will improve your vision, make your bones stronger, and strengthen your immunity.

• They have a sweet, nutty and fairly bland flavour, which makes marrows a natural option for supporting other foods. They are also called a great container for other foods as most are eaten with stuffings.

A tip: While picking this vegetable, choose those that are smaller in size and heavier in weight. Larger marrows are dry and bland in taste. So it is best to avoid them.

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