

MARROW VEGETABLES

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

