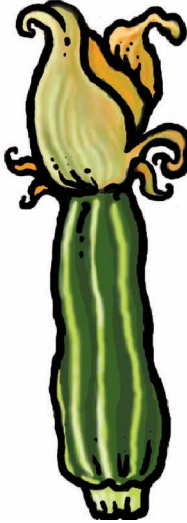


# Roman courgettes

(Cucurbita pepo - green roman ribbed variation)



## Description

Courgettes belong to the family of the family of the "cucurbitaceous" plants. They are annual herbaceous plants with a bushy look and a deep and wide underground rootstock. They are a "monoicous" species: in other words courgettes have both male and female flowers - which are separated - on the same plant. The edible part of the plant is the fruit which is developed after the fertilisation of the female flower. Every plant produces between 15-30 courgettes.

Roman courgettes have longitudinal ribs and are covered by a fine down. Courgettes are picked in a graded way and it is very common to pick the fruit as soon as it has developed, along with its flower, which grows at its top.

## Area di coltivazione

Rome municipality and province.



### (For every 100 g of fresh, edible product)

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Proteins: 2.7 g

Carbohydrates: 1.4 g

Fat: 0.1 g

Fibre: 1.2 g

Potassium: 264 mg

Sodium: 22 mg

Calcium: 21 mg

Phosphorus: 65 mg

Iron: 0.5 mg

Magnesium: 0 mg

Vitamins: A - C - E

Cholesterol 0 mg

Calories 11 kcal



## How can they be used?

The fruit of courgette plants can be cooked in several different ways; the flowers are edible too.

## Typical Recipes

Courgettes stuffed with meat, Romany-style  
Omelette with courgettes

*The nutritional value of courgettes derives from their high level of mineral salts, which are fundamental to vital processes.*