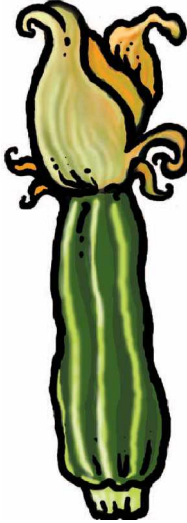


Roman courgettes

(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.