

## What? Another Zucchini?

Q: Why do people in small, peaceful towns still lock their car doors?

A: So nobody sneaks a zucchini into the car.

Yes, it is that time again. The time of year when zucchini abounds and plenty of gardeners are looking for a new home for their bounty: trying to find someone who is not already suffering from 'Zucchini Fatigue'.

Zucchini (or zucchinis) are a North American native plant that does particularly well in the Okanagan with relatively minimal care. The elongated dark green or yellow yield is very versatile; although usually cooked in one manner or another, it is also tasty shredded and added to salads.

The zucchini is often considered a vegetable but it is, botanically speaking, a fruit. The plant is monoecious, meaning both male and female flowers grow on the plant. The female flower, once pollinated by the male flower, produces the fruit.

Although zucchini can quite easily (and quickly) reach three feet in length, it tastes best if it is picked when it is relatively young -- at one to one and one-half feet long.

At a staff meeting today, Jill suggested I take a different tack in *Water Wisdom* this week and write about what to do with those zucchini that manage to make their way into your back seat.

We spoke about chocolate chip zucchini bread (yum!), sautéed zucchini and carrots with ginger and garlic (a bit of lemon juice adds a nice tang). Then Darlene asked if I had tasted the zucchini relish she brought into work for me a couple of weeks ago.

Well, yes I have and – wow! – something very tasty to make with those stowaway bandits!

Here's the recipe:

### Zucchini Relish

10 c. grated zucchini	1 tsp. ground nutmeg
4 c. chopped onion	1 tsp. dry mustard
5 tbsp. salt	1 tsp. tumeric
2¼ c. white vinegar	½ tsp. ground pepper
4½ c. sugar	2 tsp. celery seed
1 each red, green, orange pepper, chopped	

Combine chopped onions, peppers and grated zucchini with salt and let stand overnight in fridge. Drain and rinse thoroughly in cold water. Combine remaining ingredients; cook in dutch oven approximately 30 minutes or until hot. Stir regularly. Seal in hot sterilized jars.

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