



Lingot Zucchini Flowers

255270



The beautiful velvet aspect of Zucchini flower is reminiscent of the delicate and subtle taste of zucchini. Use it as soon as it's harvested, because it will fade quickly. Enjoy the Véritable Lingot® technology: 100% natural and ready-to-use refills with no pesticides or GMO's (patent-pending). Zucchini flower Lingot® compatible with the whole Véritable® Garden range.

PRODUCT DETAILS

With its subtle, slightly sweet taste, zucchini flower is a staple of southern cuisine, from Provence to Italy. Very tasty, it's also a source of fiber, minerals and nutrients, and traps fat.

How do you cook zucchini flower?

Zucchini flowers are traditionally cooked as fritters or stuffed in Nice. You can also put them on pizzas, quiches, tarts and even risotto for the more daring! They're a great accompaniment to pasta dishes, and will delight your guests as an aperitif.

Before cooking, remove the pistil and rinse in clear water

Tips for successfully growing your zucchini flower

The first harvest takes place after 4 to 5 weeks, when large, bright orangey-yellow flowers appear.

Zucchini flowers are best harvested in the morning, when they are fresh and open. Harvest them as soon as they reach full size. Once harvested, the flowers should be eaten quickly, as they don't keep very well.

Specs

Product Attributes

EAN:	3760262511177
Manufacturer number:	VLIN-F5-COU015
Product weight:	0.04 kilograms