



SEASONAL
KITCHEN

COURGETTES

DID YOU KNOW?

Courgettes are technically a fruit, not a vegetable, because they grow from the flower of the plant and contain seeds. And if you let one grow long enough, it can become a full-sized marrow!

A fantastic addition to your diet, courgettes are high in nutrients, especially vitamin C, potassium, and antioxidants. One courgette provides over 50% of your daily vitamin C needs, supporting immune health and skin repair.