One tiny taste can save your salad—plus a fresh zucchini ribbon and farro recipe.📝 Forwarded this? Subscribe below to get it straight to your inbox!

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Hi ,

Has zucchini started tasting more bitter lately, or is it just me?

I remember my father growing enormous zucchini in his backyard garden.

For him and his brothers—my uncles—it seemed to be an unspoken competition to see who could grow the largest one. Their gardens were carefully and wholeheartedly tended, and those zucchini never tasted bitter, no matter how large they became.

While developing my new **Italian Zucchini Ribbon & Farro Salad**, I started wondering why this happens—and, more importantly, whether there is any way to recognize or fix a bitter zucchini.

What I learned surprised me—and changed what I now do before preparing zucchini. **Read what I learned**.

Now, Let's Make the Salad

Once your zucchini passes a quick taste test, it is ready to become the star of this fresh summer salad.



My **Italian Zucchini Ribbon & Farro Salad** combines wide zucchini ribbons with chewy farro, juicy grape tomatoes, red onion, fresh basil and Italian parsley. Toasted pine nuts add richness and crunch, while my **Creamy Italian Preserved Lemon Tahini Dressing** catches in the ribbons and ties everything together.

Like so many Italian dishes, nothing about it is complicated.

Each ingredient simply makes the others taste better.

👉 **Get the recipe** + my best tips for making this salad work.

In the complete recipe post, you will also find:

- How to choose fresh zucchini
- Why zucchini sometimes tastes bitter
- What to do if you purchase a bitter zucchini
- Four ways to create zucchini ribbons
- My tested 20–30-minute salting method
- Rice-cooker and stovetop directions for farro

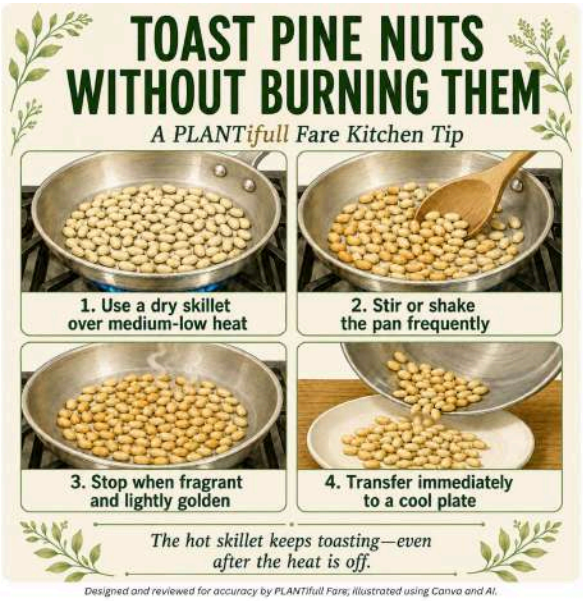
Kitchen Tip: Don’t Let the Pine Nuts Linger

Pine nuts can go from pale to burned remarkably quickly.

Toast them in a dry skillet over medium-low heat, stirring or shaking the pan frequently. As soon as they become fragrant and lightly golden, transfer them to a plate or shallow bowl.

Don’t leave them in the skillet—even after turning off the heat. The residual heat from the pan will continue to toast them and may take them from perfectly golden to burned while you are working on something else.

Let the pine nuts cool completely before adding them to the salad. Toasting deepens their buttery flavor, while cooling helps preserve the crunch that finishes this dish so beautifully.



I hope this recipe gives you a fresh new way to enjoy late-summer zucchini—and that one tiny taste saves you from sacrificing an entire salad to an unexpectedly bitter vegetable.

Cook with plants. Nourish your life.

Donna
PLANTifull Fare

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