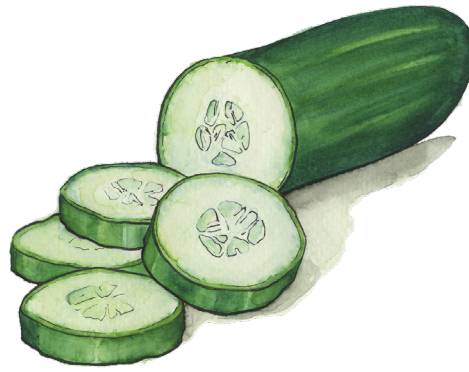


HARVEST of the MONTH CUCUMBERS



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: massfarmtoschool.org/hotm

Cucumbers are a great source of water, making them a refreshing and healthy snack in the summer heat!

Healthy Serving Ideas

Cucumber Drinks: Make cucumber water or cucumber lemonade - add a few slices to either drink.

Cucumber Cups: Chop cucumbers into 1.5" slices and scoop out the seeds. Place tuna, chicken, or egg salad or a dip inside the cucumber cup.

Quick and Easy Pickles: Pour 1/2 cup of white vinegar over 1-2 sliced cucumbers in a bowl or jar and add water to just cover slices. Add 1 tsp salt, 2 tsp sugar, and 1 tsp dried dill and refrigerate for at least 1 hour.

Cucumber Yogurt Dip: Use grated cucumber, Greek yogurt, lemon juice, and herbs like parsley, dill, or mint.

Where to Find Local Cucumbers

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5: The Ugly Vegetables by Grace Lin

Gr. 6-8: First Garden: The White House Garden & How It Grew by Robbin Gourley

Gr. 9-12: Freedom Farmers by Monica White

Fun Facts

- Sliced cucumber can provide relief for a sunburn (just like aloe vera!), when placed right on your skin.
- The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air temperature.

At-Home Activity: Exploring Cucumbers

1. Gather a magnifying glass, 1-2 types of cucumbers, paper, and colored pencils.
2. Cut the cucumbers into slices. Do a taste test with the different types of cucumbers. How are they different? How are they alike?
3. What other vegetables grow on vines?
4. Draw cucumbers growing. Write a cucumber poem.

Source: *Growing Minds* (growing-minds.org)



MASSACHUSETTS



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Cucumber Purchasing Pointers

- Choose firm cucumbers that have smooth dark skin. Avoid ones with scars or wrinkled, soft ends.
- Store them in a plastic bag in the refrigerator for up to a week.
- Shopping hint: thicker cucumbers have more seeds.

August Preview: Peaches!