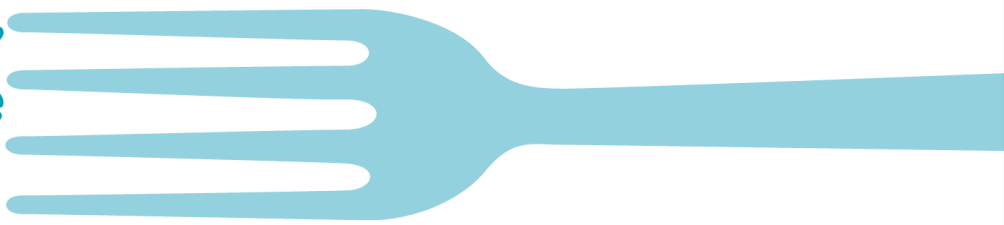


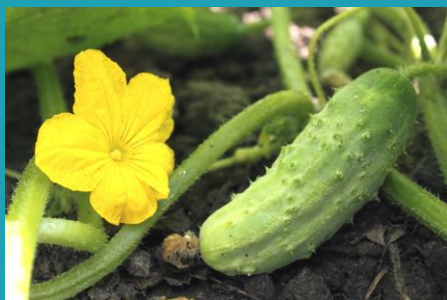
# Harvest of the Month



August



Cucumber



## **Pick:**

- The skin should be firm and free of cuts and bruises.
- Smaller cucumbers tend to be crisper and have smaller seeds.

## **Store:**

- Wrap cucumbers in a dry cloth or paper towel to prevent spoilage.
- Place wrapped cucumber in a plastic bag and then into the crisper drawer of the refrigerator. This will keep the cucumbers cool, but dry.

## **Prepare:**

- To prepare cucumbers, wash and cut off both ends then slice as desired.
- The peel and seeds are edible!

## **Nutrition Info**

One medium cucumber has only 30 calories.

Cucumbers contain 13 different vitamins and minerals including vitamin C, calcium, and potassium.

## **Fun Facts**

Cucumbers are 95% water!

It takes just 12 weeks from planting a cucumber to harvesting one!  
Cucumbers can also be grown hydroponically – many area high schools have hydroponics systems.

The inner temperature of a cucumber can be up to 20°F cooler than the outside air – cool as a cucumber!

## **Uses**

Cucumbers can be used to make pickles in as little as 48 hours. Search online for a “fridge pickle” recipe. Mix the recommended amounts of water, vinegar and seasonings and let sit for 48 hours. Voila!  
Pickles!

For a delicious summer drink combine sliced cucumber with mint, a little pineapple juice, and sparkling water. Pour over ice for a pineapple-cucumber spritz.

## **Family Friendly Activities**

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

## **Summer Corn and Blueberry Salad**

Serves 6-8

### **Ingredients:**

2 cups frozen sweet corn  
1 cup fresh blueberries  
1 cucumber, diced  
¼ cup red onion, diced  
¼ cup fresh cilantro, chopped  
1 jalapeno pepper, seeded and finely chopped

### **Dressing:**

2 Tbsp. lime juice  
2 Tbsp. extra virgin olive oil  
1 Tbsp. honey  
½ tsp. ground cumin  
½ tsp. salt

### **Directions:**

Combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno in a bowl. Mix together dressing ingredients, pour over salad, toss and chill for 30 minutes. Enjoy!

## **Cucumber Roll-ups**

Serves 6-8

### **Ingredients:**

4 ounce cream cheese or hummus  
1 medium cucumber  
½ medium bell pepper  
½ cup sliced carrots

### **Directions:**

Soften cream cheese to room temperature. After washing and drying your cucumber use a vegetable peeler to slice very thin strips. Cut the bell pepper into matchstick pieces. Spread a thin layer of cream cheese on each side of the cucumber slice. Place the carrots and bell peppers on one end and then roll up and they're ready to serve!

*For more information on Farm2School visit:  
[www.laxf2s.org](http://www.laxf2s.org)*

*Color a  
Cucumber!*

