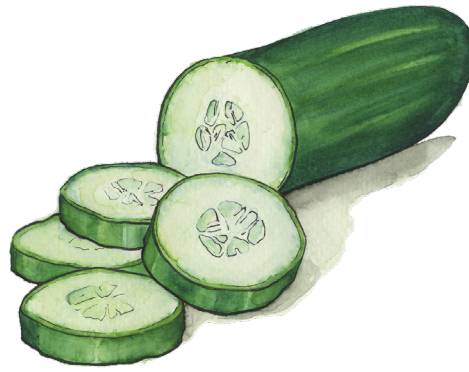


# HARVEST of the MONTH CUCUMBERS



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](http://massfarmtoschool.org/hotm)

Cucumbers are a good source of vitamin K, vitamin C and potassium, as well as other vitamins and minerals. They are also a great source of water, making them a refreshing and healthy snack in the summer heat!

## Healthy Serving Ideas

- Make cucumber water or cucumber lemonade - add a few slices to either drink.
- Make cucumber cups by chopping 1.5" slices and scooping out the seeds, then place tuna, chicken, or egg salad or a dip inside.
- Make easy quick pickles: Pour 1/2 cup of white vinegar over 1-2 sliced cucumbers in a bowl or mason jar and add water to just over slices. Add salt, pepper and dill and refrigerate for at least 1 hour.

## 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

Mashed or sliced cucumber can provide relief for a sunburn (just like aloe vera!).

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 up the cucumbers into slices, do a taste test with the different types of cucumbers. How are they different? How are they alike?
3. Show images of cucumbers growing on vines; what other vegetables grow on vines?
4. Draw cucumbers growing and/or describe cucumbers with words; write a cucumber poem.

Source: *Growing Minds* ([growing-minds.org](http://growing-minds.org))



MASSACHUSETTS



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## Cucumber Purchasing Pointers

Choose firm cucumbers that have smooth dark skin, avoiding ones with blemishes or shriveled 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!