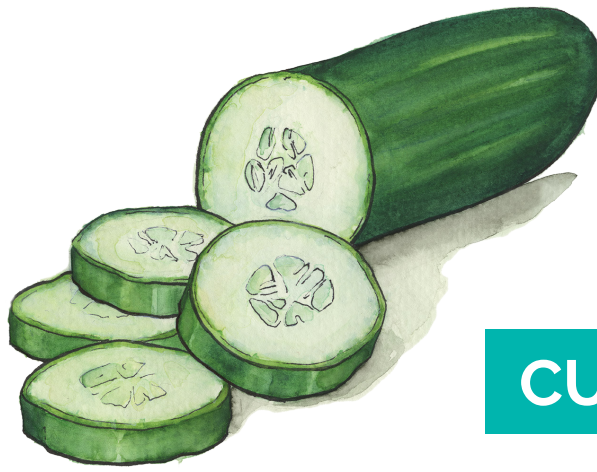


HARVEST of the MONTH in the CLASSROOM



CUCUMBERS

HISTORY

The cucumber was first cultivated in India over 3,000 years ago and is one of our oldest vegetables. Cave excavations have revealed that cucumber has been grown as a food source for over 3000 years, and ancient writing and art also reveals that ancient Egyptians, Greeks and Romans ate cucumbers. During the European Age of Discovery, Columbus is credited for taking cucumber to the Americas. Cucumbers are members of the Cucurbit family, and are related to squash (winter and summer), melons and gourds.

FUN FACTS

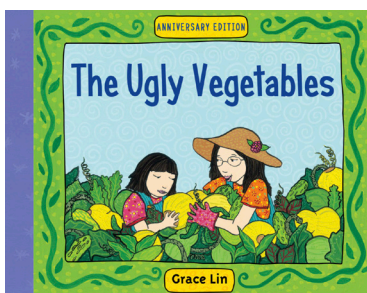
Cucumbers contain most of the vitamins a person needs for the entire day.

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

60 million tons of cucumbers are grown worldwide each year.

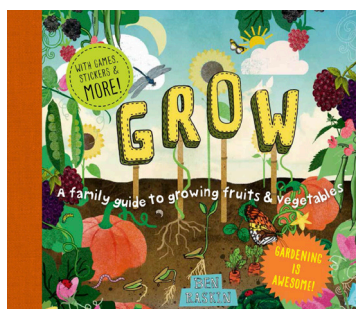
The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air temperature.

BOOK RECOMMENDATIONS



Lin, Grace. The Ugly Vegetables. 2001.

Building upon his successful series of creative science for the younger grades, the author-illustrator of the LIFE AND TIMES series focuses on the science, uses and history of America's most prevalent crop. A master of fascinating trivia, he knows just how to draw readers in and expand on a seemingly small topic.

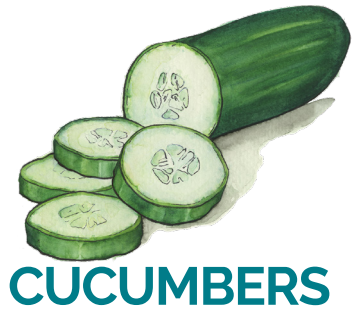


Raskin, Ben. Grow: A Family Guide to Growing Fruits and Vegetables. 2017.

Have you ever wondered how plants work? Or why we eat the fruit of one plant, but the leaves of another? What's the big deal about growing things—and how do we decide what we need to grow in the space we have? Discover the whole life cycle of food, from sowing and saving to planning and planting, and—most exciting of all—harvesting the food you've grown.

MAKING RANCH

Grades K-2 • 30 minutes



OBJECTIVES

Students understand how to follow a recipe in order to make ranch dressing.

ESSENTIAL QUESTIONS

Where does food come from?
What are the ingredients?
How do we measure ingredients?

MA STATE FRAMEWORK(S)

K-2 Speaking and Listening standards

MATERIALS

1 cup Greek yogurt
2 tsp vinegar, cider
¼ tbsp salt
¼ tsp garlic powder
¼ tsp onion powder
½ tsp dill
Jar with lid
Cucumbers to dip
Plastic knives for cutting
Plates/tasting cups
Recipe role cards

PROCEDURE

Introduction

Ask the class if they have ever had ranch dressing before? Ask them if they know what goes into making ranch dressing? Did they know you can make it at home?

Activity

Have the class sit in a circle on the floor or on rug spots. Pass out the recipe role cards to each student. (Older kids can receive shuffled recipe role cards and figure out what order they should be in.) Read all of the tasks together as a group and go around the circle adding ingredients to the jar.

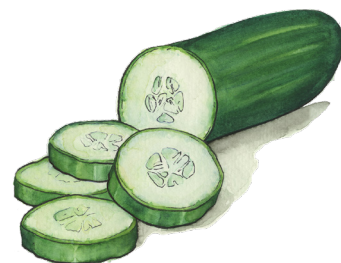
Once everyone has completed their job and the ranch is made return to desks. Pass out ½ cucumber to each student and have them cut into slices with plastic knives. (It can be helpful to go over knife techniques before having students cut. Make sure they use the knives with claw fingers to prevent cuts!) Once everyone has cucumber slices, divide ranch into small cups for each student and enjoy!

Wrap Up

Was it hard or easy to make ranch dressing? Does it taste like the ranch that you are used to?

MAKING RANCH

RECIPE ROLE CARDS



Add $\frac{1}{4}$ cup Greek yogurt to jar

Add $\frac{1}{4}$ cup Greek yogurt to jar

Add $\frac{1}{4}$ cup Greek yogurt to jar

Add $\frac{1}{4}$ cup Greek yogurt to jar

Add $\frac{1}{4}$ tsp onion powder to jar

Add $\frac{1}{2}$ tsp vinegar to jar

Add $\frac{1}{2}$ tsp vinegar to jar

Add $\frac{1}{4}$ tbsp salt to jar

Add $\frac{1}{4}$ tsp garlic powder to jar

Add 2 pinches of dill to jar

Add 2 pinches of dill to jar

Add 2 pinches of dill to jar

Add 2 pinches of dill to jar

Put lid tightly on jar

Shake jar 5 times

Shake jar 5 times

Shake jar 5 times

Shake jar 5 times