



Hey kids, become a **FOOD EXPLORER** and check out this Month's Discovery...

Cucumber



Did you know...?

- Cucumbers are grown on a crawling vine on the ground. One cucumber plant can grow eight or more cucumbers.
- Cucumbers are most often available in Massachusetts from July to September.
- Cucumbers are 96% water. Eat a cool, crisp cucumber for a thirst-quenching snack.
- Cucumbers are sometimes used on the skin to help soothe sunburns or swelling eyes.
- The saying, 'Cool as a cucumber,' comes from the fact that the inside of a cucumber can be up to 20 degrees cooler than the outside.

DELICIOUS AND NUTRITIOUS

A ½ cup of sliced cucumbers provides a good source of vitamin K, which helps your blood clot and stops cuts and scrapes from bleeding too much. Cucumbers also provide water to keep our bodies hydrated.

A SUPER SNACK IDEA

- Sliced cucumbers added to salads and sandwiches add extra crunch.
- Dip cucumber slices in hummus or dressing for a snack.

CUCUMBER HUMOR

Why was the cucumber mad?
Because he was in a pickle.