



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

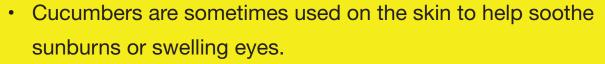
Cucumber

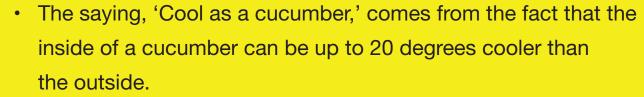




Did you know...?

- 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.







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.



For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights.

