

HARVEST OF THE MONTH

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CUCUMBERS



Cucumbers are a vegetable grown outside in the summer and in greenhouses year-round. Made up of 95% water, they are a delicious and hydrating snack to have after playing outside! How do you like to eat cucumbers best? Depending on your preference, there are three varieties to choose from: pickling, slicing, and seedless.

NOTABLE NUTRITION

Cucumbers are a good dietary source of:

Vitamin K, a fat-soluble vitamin. While most known for its blood clotting properties, like calcium, Vitamin K is also responsible for healthy bones! One cup of raw cucumber meets the adequate intake of Vitamin K for children of all ages

Magnesium, a mineral. Abundant in many of the foods we eat, magnesium is important for keeping our bodies healthy. This mineral is essential to processes like control of blood sugar levels and regulation of blood pressure.

READING ROOM

- 1 "A Fruit is a Suitcase for Seeds" by Jean Richards; Grades K-2. Available at Frederick County School Libraries.
- 2 "Harlem Grown" by Tony Hillery; Grades 3-5; For programs working with MD SNAP-Ed, books can be acquired through a MD SNAP-Ed educator.

HOMEGROWN VARIETIES

Types of cucumbers grown in the Mid-Atlantic region:

Burpless, Slicing, Pickling, Bush, and Asian



LINK TO LEARNING!



Designing a Successful Ad Activity

Explain to students that they are going to think like an advertiser and design an advertisement for a nutritious food. Students will then make a visual advertisement on a poster.

Visit [FRESHFARM FoodPrints website](#) for the FREE [Advertising and Food Choices](#) lesson (Grades K-2).

Meets National Standards:
Common Core ELA: SL.2.1, W.2.8

Nutrition Notebook Activity

Students will research a favorite vegetable that grows in Maryland and write a summary of the conditions it needs in order to grow.

Visit the University of Maryland Extension SNAP-Ed program [Teacher Toolkit](#) for the FREE "Healthy Food, Healthy Environment" lesson in the Refresh curriculum; (Grades 3-5).

Meets National Standards:
Specific curriculum objectives not provided.

March Nutrition Notebook

In previous lessons, we discussed farmers' markets and grocery stores as places is another way of getting food for our families. But growing some of your own food and knowledge.

Pick a favorite vegetable that grows in Maryland (you may need to refer to the [V](#) Handout for ideas). Then do research to create a plan for growing this fruit or vegetable. What conditions does this plant need in order to grow and produce food? The [V](#) from the Maryland Home and Garden Information Center are a good place to start.

Write out your findings, including the name of the vegetable, how much sun it needs, when you should plant it, and how long it takes to grow. Include a conclusion as to whether it is possible to grow this vegetable in a garden.

Date: _____

USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS
5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS
14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS
14-18 YRS 2.5 - 4 CUPS