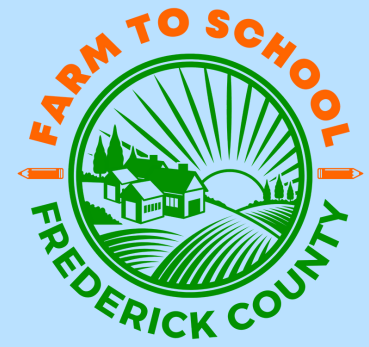
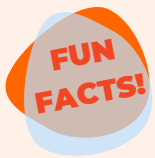


# HARVEST OF THE MONTH

F2SFREDERICK.ORG



## 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.

### PICK, STORE, PREPARE

Choose cucumbers that feel firm and free of blemishes. Wrinkles in the skin may also mean a loss of moisture and crispness.

Raw, whole cucumbers last up to a week if placed in a plastic bag within your refrigerator's crisper.

Depending on the type of cucumber, eat them sliced fresh from the garden or make your very own pickles! Cold cucumber soup with dill is also a refreshing way to enjoy this green vegetable.





## LET'S EAT!

Have your child taste different dips and types of cucumbers, and vote on their favorite.

As an at-home activity, run an “Exploration of the Five Senses” taste test with your child. Ask them to describe the taste, look, smell, feel, and sound of each type of cucumber as they touch and eat it.

## MYPLATE RECIPE

### Cucumber Yogurt Dip

Makes: 8 servings Preparation Time: 10 minutes

#### Ingredients:

- 1 cup low-fat plain yogurt
- 4 oz low-fat cream cheese, softened
- 1 cup cucumber, washed, seeded and diced
- 1 clove garlic, minced

#### Directions:

1. Stir yogurt and cream cheese until smooth.
2. Stir the diced cucumber and minced garlic into the yogurt mixture.
3. Add salt and lemon pepper to taste.



## 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