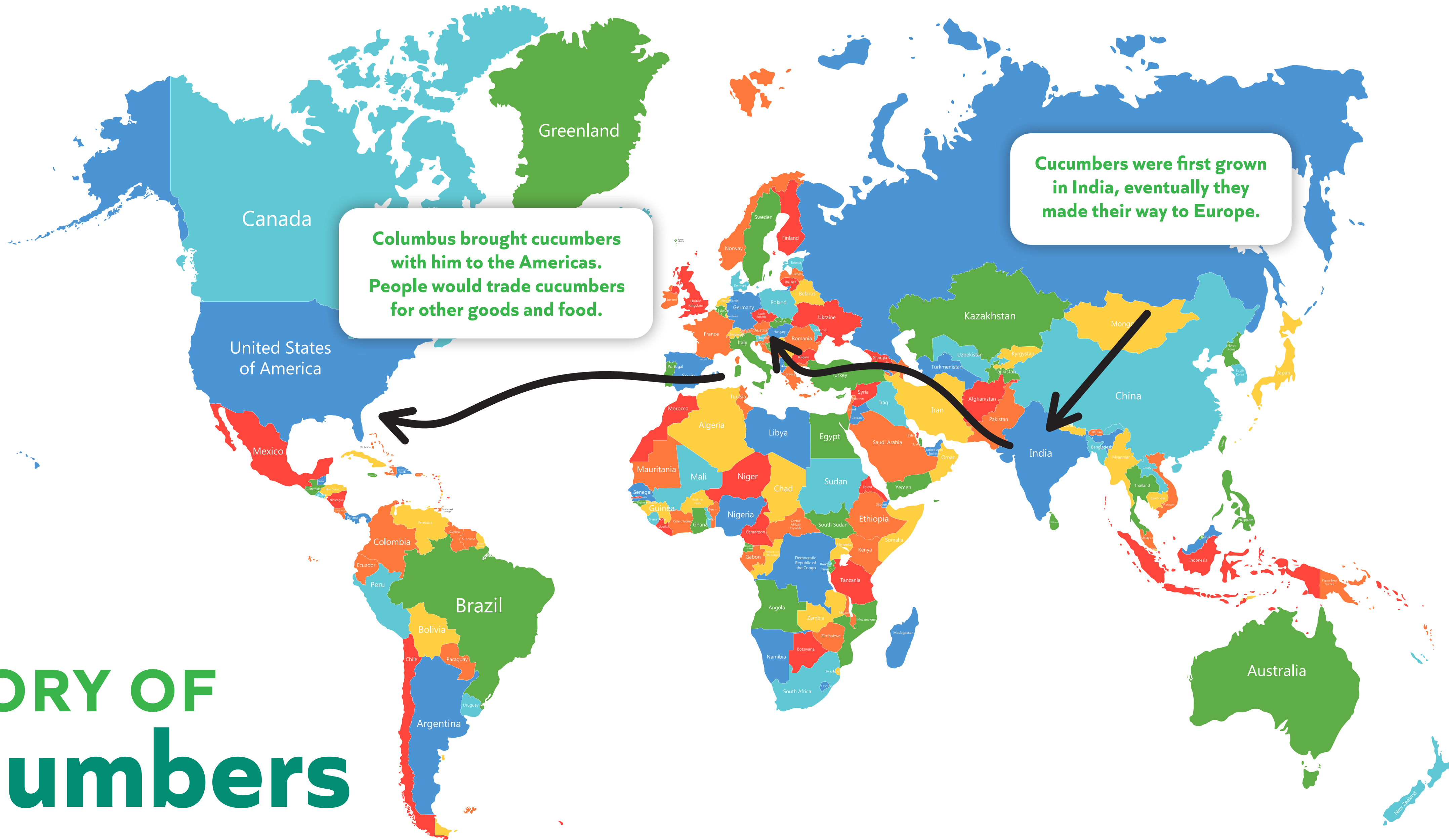


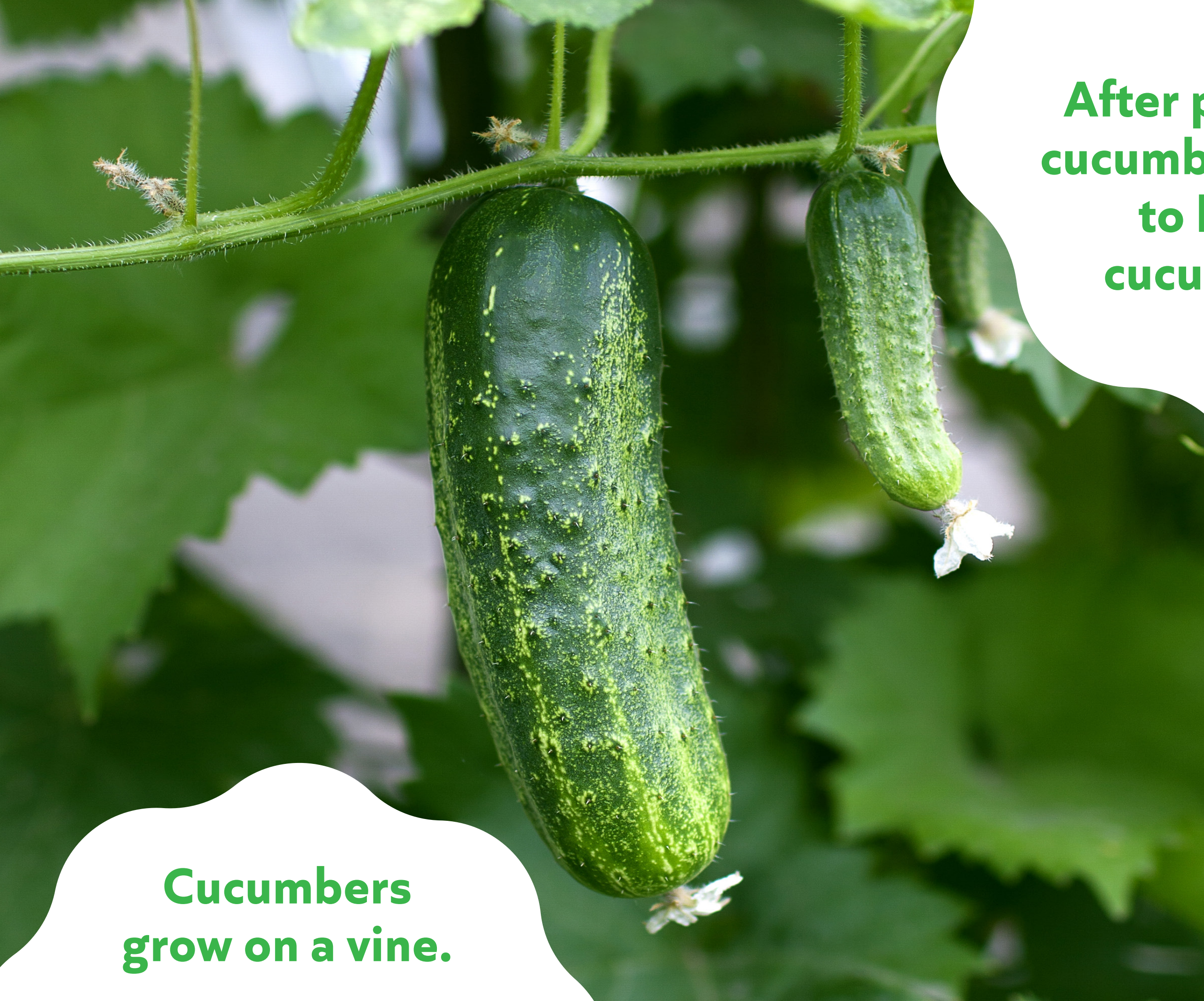


HARVEST OF THE MONTH:

Cucumber

HISTORY OF Cucumbers





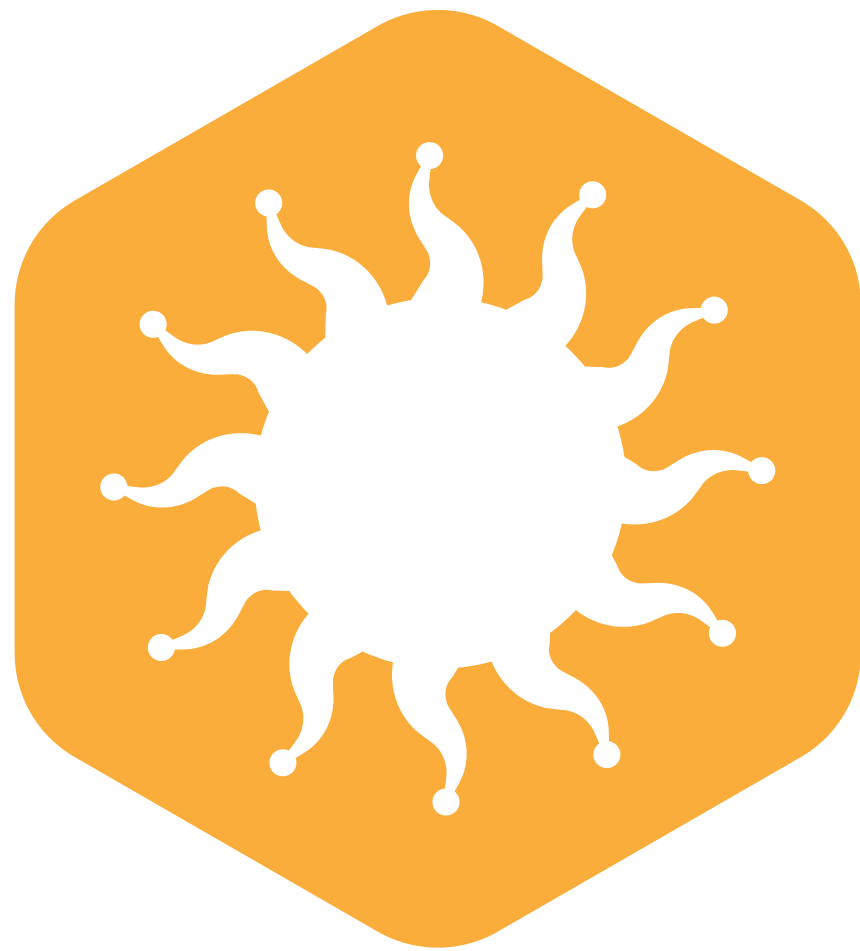
After pollination, the
cucumber flowers swell
to become the
cucumber we eat.

Cucumbers
grow on a vine.



HOW DO CUCUMBERS GROW?

WHAT SEASON DO WE PICK CUCUMBERS?



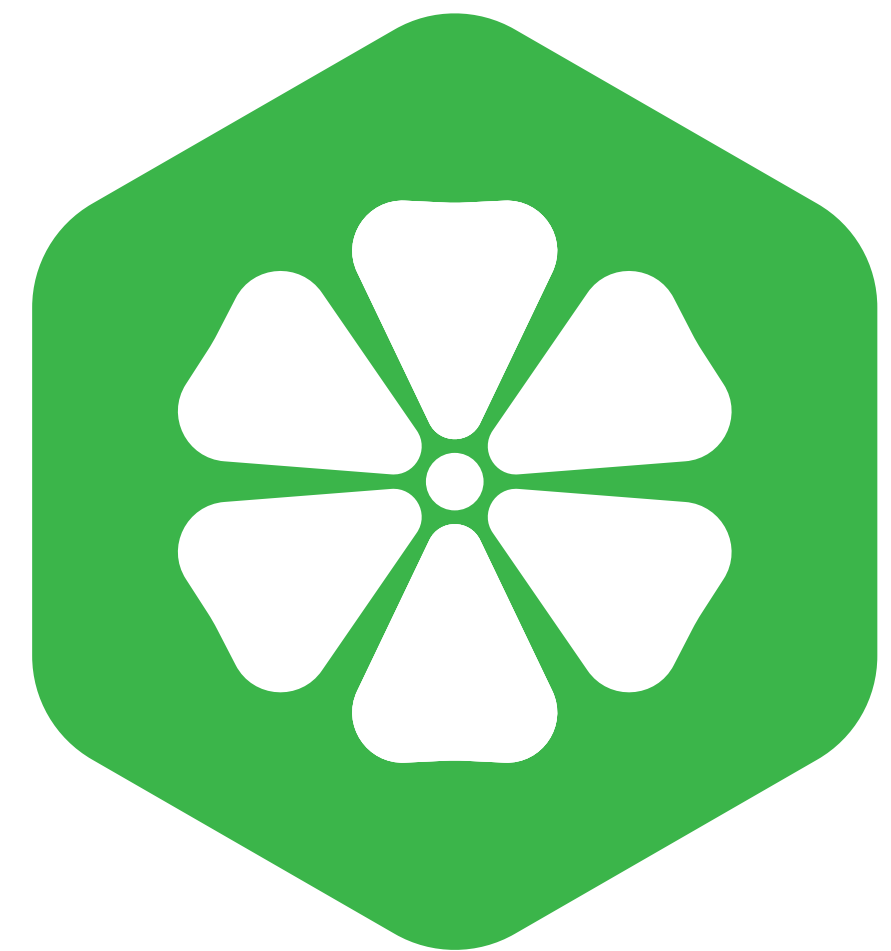
SUMMER



AUTUMN



WINTER

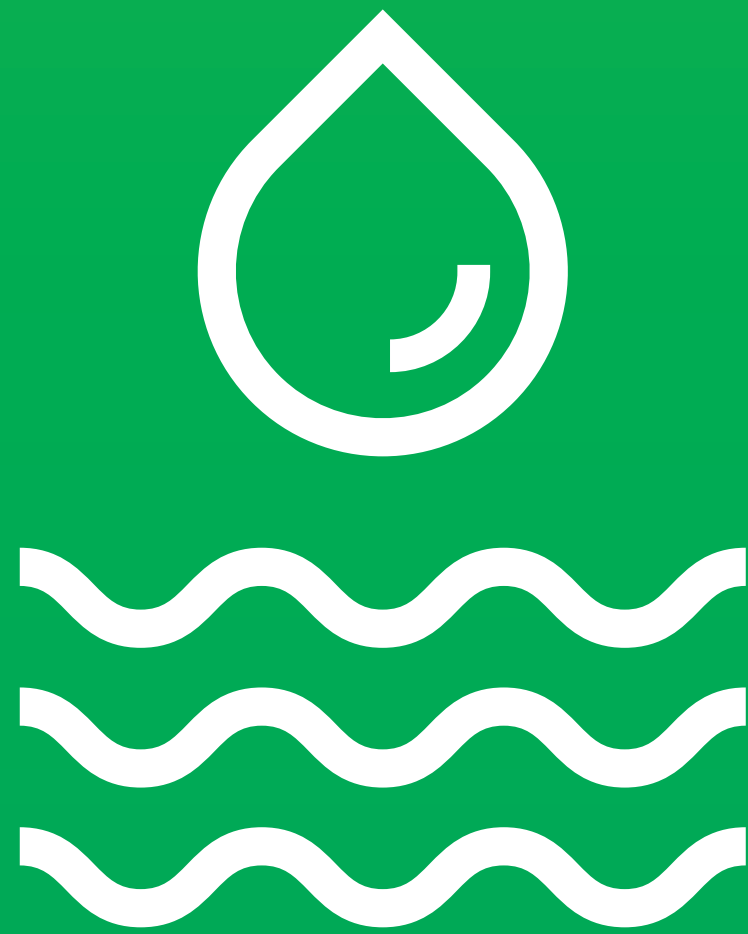


SPRING

In Florida and other states cucumbers can be grown in multiple seasons, however, in South Dakota cucumbers are harvested in the summertime.

WHY SHOULD WE EAT CUCUMBERS?

**Water inside
keeps us hydrated**



Healthy muscles



**Contains vitamin
K – heals cuts**



HOW DO YOU PICK GOOD CUCUMBERS?

- Cucumbers should be firm with smooth dark green skin.
- Make sure the ends are round, not shriveled.
- Try different types of cucumbers Apple, Lemon, Japanese, Persian, or English.

FUN FACT: The thicker the cucumber the more seeds, so if you do not like the seeds find thin unblemished cucumbers.





LET'S TRY SOME Cucumbers!

