



Harvest of the Month

Cucumber

Nutrition Information

- A good source of vitamin K which helps your blood clot.
- Cucumbers provide a great source of water.
- High in fiber which aids in digestion.

Selection and Storage

- Choose cucumbers with dark green skin that are firm with smooth skin.
- Avoid those with shriveled skin or blemishes.
- Store in a cool and dry place for up to one week.
- Can be stored in the refrigerator in a plastic bag for up to five days.

Fun Facts

- Originally came from India and has been grown by humans for over 3,000 years.
- Cucumbers have a 96% water content.
- Grow on vines with rough and large leaves.
- There are two categories of cucumbers slicing and pickling.
- Slicing varieties are Apple, Lemon, Japanese, Persian, and English.
- Pickling varieties are Heinz, Country Fair, and Miss Pickler.
- Cucumbers grow best in hot summer weather with lots of sun.
- They are available in Washington from June through October.



Recipes

- [Greek Yogurt Cucumber Salad - National CACFP Sponsors Association](#)
- [Asian Salad USDA Recipe – Child Nutrition Recipe Box](#)
- [Corny Salsa with Tortilla Chips USDA Recipe – Child Nutrition Recipe Box](#)
- [Fresh Veggie Wraps USDA Recipe – Child Nutrition Recipe Box](#)
- [Pasta Salad USDA Recipe– Child Nutrition Recipe Box](#)
- [Tabbouleh USDA Recipe– Child Nutrition Recipe Box](#)



Educational Resources

- [WSDA Educators Flyer Cucumbers](#)
- [Cucumber Lesson Plan - Healthy South Dakota](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Cucumber that include: [Cucumber Basics Information Sheet \(Spanish\)](#), [Cucumber Coloring Sheet \(Spanish\)](#) and [Garden activity \(Spanish\)](#).
- [Vermont Harvest of the Month](#)
- [Vegetable Castles - Growing Minds - Preschool](#)
- [Vegetable Crowns - Growing Minds -Preschool](#)
- [Cucumbers Lesson Plan - Arizona Department of Education \(Pre K-8\)](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).