



Hey kids, become a FOOD EXPLORER and check this out!

Cucumbers



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.
- Cucumbers are sometimes used on the skin to soothe a sunburn or swollen eyes.
- The saying “Cool as a cucumber” comes from the fact that the inside of a cucumber can be up to 20 degrees cooler than the outside.



DELICIOUS AND NUTRITIOUS

Cucumbers are a good source of vitamin K. Vitamin K helps blood to clot which stops cuts and scrapes from bleeding too much. Cucumbers also provide water to keep our bodies hydrated.

SUPER SNACK IDEAS

- Sliced cucumbers added to salads and sandwiches provide extra crunch.
- Dip cucumber slices in hummus or low-fat dressing for a snack.

CUCUMBER HUMOR

Why was the cucumber mad?
Because he was in a pickle.