



Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

Make meals and memories together. It's a lesson kids will use for life.

- Select** – Choose firm cucumbers with dark green color.
- Store** – Refrigerate in a plastic bag for up to 1 week.
- Prepare** – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WIharvestoftheMonth

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Recipe of the month

Cool Cucumber Crunch

Serves 4

Ingredients:

- 2 cup grape tomatoes, halved
- 2 cup cucumber (quartered and sliced)
- 1/2 cup onion, diced
- 1/2 cup crumbled feta cheese
- 4 teaspoons oil (canola, olive, vegetable)
- 2 tablespoon lemon juice
- 1/2 teaspoon ground black pepper

Directions:

1. Wash and cut tomatoes, cucumber, and onion. Stir together in a bowl.
2. Add cheese, oil, lemon juice, and ground black pepper. Stir until combined.
3. Store, tightly covered, in the refrigerator for 3–4 hours before serving. Stir well before serving.

Per serving: 120 calories, 9g fat, 4g protein, 9g carbohydrate, 2g fiber, 180mg sodium

Source: laxf2s.org