



Harvest of the Week

Volume 1, Issue Cucumbers

Health and Learning Success

Did you know that cucumbers are 90% water? Water is a vital nutrient that helps keep your body temperature normal. Water also keeps your joints moving smoothly. Students who are hydrated and healthy have more energy and can focus better in school. Use **Harvest of the Week** to help your family meet its daily needs of fruits and vegetables in meals and snacks.

Let's Get Physical!

Schedule family activities on your calendar. This makes it easier to stick to physical activity plans and spend quality time with your family.

Fun Facts

The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.

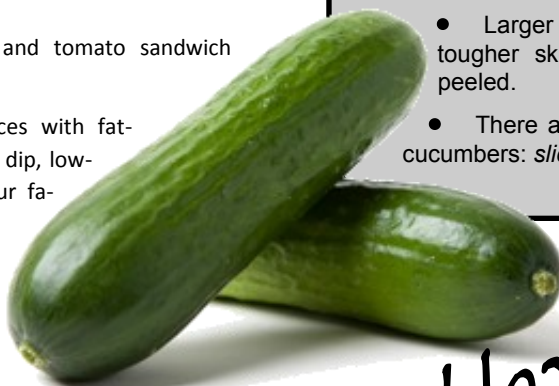
Orange cucumbers are full of Vitamin A and can be sweeter than regular cucumbers.

The cucumber originated in India and has been cultivated for over 3000 years.

Cucumbers

HELP YOUR CHILD EAT HEALTHY

- Enjoy a cool, crisp cucumber for a thirst-quenching snack.
- Add cucumber slices to your sandwiches and salads.
- Try a cucumber and tomato sandwich with pita bread.
- Eat cucumber slices with fat-free ranch, veggie dip, low-fat yogurt, or your favorite dressing.
- Make a simple side dish by combining cucumber slices, vinegar, water, a little salt, and pepper.



PRODUCE TIPS

- Choose firm, smooth-skinned cucumbers that are well-shaped and heavy for size.
- Avoid shriveled or bruised cucumbers.
- Thick cucumbers tend to have more seeds than thin ones.
- Store in the fridge for up to 1 week.
- Larger cucumbers tend to have a tougher skin that may need to be peeled.
- There are two main categories of cucumbers: *slicing* and *pickling*.

HealthWise

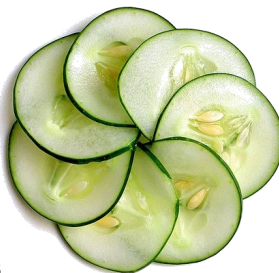
- ✓ Be a good role model when it comes to healthy eating and physical activity. Children watch what you eat and follow in your footsteps.
- ✓ Ask your child what he/she learned about cucumbers at school.

COSMIC CUCUMBER WRAP

Makes 4 servings

Ingredients:

- 4 oz lean ground beef
- 1 1/2 TBS onion, chopped
- 4 cups Romaine lettuce, shredded
- 1 cup fresh tomatoes, diced
- 1 cup cucumber, diced
- 4 (8 inch) whole wheat tortillas
- 1/4 cup fat-free ranch salad dressing



Directions:

1. Brown ground beef and onion in a skillet over medium heat. Drain excess fat.
2. Mix lettuce and tomato together with ground beef mixture.
3. Chop cucumber and mix with salad dressing.
4. Place tortillas on plates and spread with beef mixture. Top with cucumber and salad dressing mixture.
5. Roll wraps and enjoy with friends and family!

Source: Fruits and Veggies More Matters, Cool Fuel Cookbook

Cucumbers Nutrition Facts	
Serving Size	1/3 medium cucumber
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	