

# Cucumbers

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- Cucumbers are shaped like a tube and have a dark green waxy peel on the outside and light green crunchy juicy flesh on the inside.
  - Cucumbers are 96% water and in the same family as pumpkins, zucchini, and watermelon. This means cucumbers are actually a fruit instead of a vegetable.
  - Cucumbers are grown on vines that spread out along the ground. Cucumbers need moist soil and plenty of warm sunshine to grow.
  - Did you know that pickles are actually “pickled” cucumbers?
  - The smell of cucumbers helps people relax.
  - They are good for you!



[Click here for the cucumber song!](#)

OKCPS School Nutrition Services

