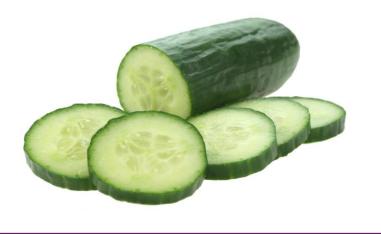
## Cucumbers



- 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!



## **OKCPS School Nutrition Services**



