

This Week's Featured Food:

Cucumbers



Did you Know?

- Cucumbers grow on a vine that can grow either upwards or along the ground.
- There are many different varieties of cucumbers that get used in different ways, like making pickles or relish!
- They originated in India, but they grow almost all over the world now.
- Cucumbers have been grown for at least 3,000 years. They were brought to the United States in the 1500s.
- Cucumbers contain Vitamin K, which helps support blood and bone health!

