



The Vegetable of the Month is the **CUCUMBER!**

Cucumbers are native to India, where they have been grown for about 3,000 years. They spread to Europe through Greece and Italy, where they were enjoyed by ancient Romans. Cucumbers were brought to the Americas by the Spaniards about 500 years ago.

Cucumbers grow on vines and are part of the same family as melons, squash, and gourds. Cucumber plants have big leaves that form a canopy over the fruit to protect it while it grows.

The inner temperature of a cucumber can be as much as 20 degrees cooler than the outside air, which is where the saying "cool as a cucumber" comes from.

Some people believe that placing slices of cucumbers over the eyes can help to reduce swelling.

Regular cucumbers make some people burp! The English variety, also called the "burpless" cucumber, is seedless and has a sweet, tender skin. It is believed that the seeds in the regular slicing cucumbers are what make you burp.

Cucumbers have some **Vitamin C and A**, and are **fat and sodium free**. The dark green skins contain most of the nutrients, while the inside flesh 90% water.

Pickles are made from small varieties of cucumbers, called gherkins and pickling cukes. Cucumbers are a crisp, cool addition to salads. They can also be mixed with yogurt and garlic to make a Greek dish called tzatziki, which is often served as a dip with warm pita bread.



**Look for Cucumbers on
the lunch line this month.
Try some pickles made from
local cucumbers!**

