Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

Make meals and memories together. It’s a lesson kids will use for life.

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!

Recipe of the month

**Cucumber Salsa**  8 servings

**Ingredients:**

- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium tomatoes, chopped
- 1/2 cup chopped green pepper
- 1 jalapeno pepper, seeded and minced (optional)
- 1 small onion, chopped
- 1 garlic clove, minced or 1 tsp garlic powder
- 2 tablespoons lime juice
- 2 teaspoons minced fresh cilantro
- 1/2 teaspoon dill weed or 1 tbsp fresh dill weed chopped
- 1/2 teaspoon salt

Per serving (salsa only): 23 calories, 0g fat, 1g protein, 5g carbohydrate, 1.5 g fiber, 158mg sodium

**Directions:**

Combine all ingredients

Cover and refrigerate for 1 hour. Serve with tortilla chips or homemade tortilla crisps.

Source: laxf2s.org