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.

Select – Choose firm cucumbers with dark green color.
Store – Refrigerate in a plastic bag for up to 1 week.
Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

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, 1.5g fiber, 158mg sodium

Directions:
Combine all ingredients
Cover and refrigerate for 1 hour. Serve with tortilla chips or homemade tortilla crisps.

Source: laxf2s.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture’s (USDA) Agricultural Marketing Service through grant 202101OC0005060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System—Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.