



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!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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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

Directions:

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

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

Source: laxf2s.org



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