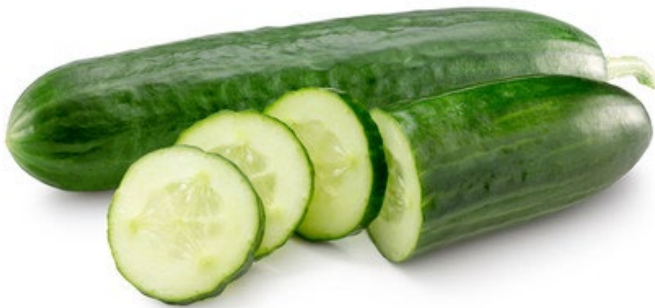





# HARVEST OF THE MONTH

APRIL 2021


## CUCUMBER




## FAST FACTS




Staying hydrated is important for our bodies to function properly. Eating cucumbers, which are 96% water, can help you stay hydrated.



Cucumbers are popular worldwide! They are the 4<sup>th</sup> most cultivated vegetable in the world!



Cucumbers are a great source of dietary fiber which can help with constipation caused by dehydration.



Cucumbers are super versatile. The skins can be used to remove crayons marks from walls!

## VARIETIES

### KIRBY

Kirbys are short with a bumpy texture. Delightfully crunchy and great for pickling!

### PERSIAN

Persians come in a variety of sizes, are mild in flavor and are great in salads or as a scoop for dips!

### LEMON

Lemons are yellow, round and fist size. These are sweet, flavorful and beautiful in salads.

### ARMENIAN

Armenians are long, thin and vary in color from light to yellowish green. Best sliced and eaten raw

## IDEA FARM

After the deep freeze in February, IDEA Farms have been working extra hard to grow produce for our scholars! We are eagerly waiting for our farms to harvest the cucumbers to be used in our special April recipe:

Cucumbers with Tajin!

