



Try the APRIL Harvest of the Month!

.....

CUCUMBERS

.....



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IDEA Child Nutrition Program APRIL 2023 Harvest of the Month

Coloring Activity



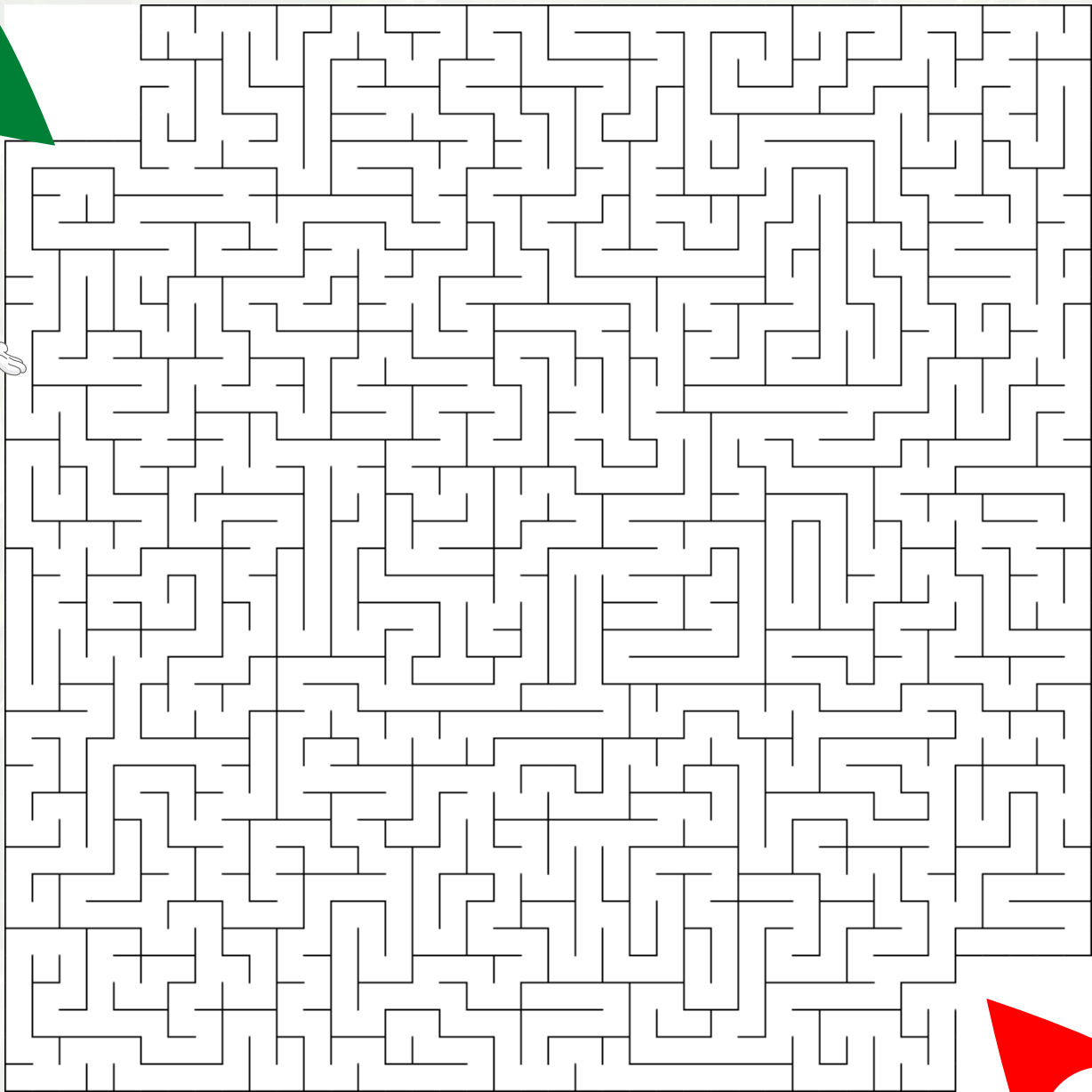
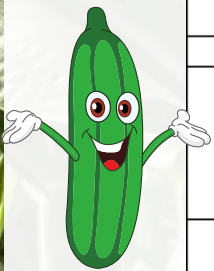
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Maze

Directions:
Find your way to the CUCUMBER in the center of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.



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Word Scramble

Directions:
Unscramble the CUCUMBER Related Words!

Scrambled Word

Unscrambled Word

1. BCUMURCE
2. MARF
3. RSIGNP
4. AIPLR
5. VHATRSE
6. EKBUR
7. ESHLNIG
8. REISAPN
9. RGNEE
10. KCSPLI
11. HIETW
12. RGENDA

ANSWER KEY

- | | |
|-------------|-------------|
| 12. GARDEN | 6. BURKE |
| 11. WHITE | 5. HARVEST |
| 10. PICKLES | 4. APRIL |
| 9. GREEN | 3. SPRING |
| 8. PERSIAN | 2. FARM |
| 7. ENGLISH | 1. CUCUMBER |



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Word Search

Directions:

- Find the CUCUMBER related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

CUCUMBER
FARM
SPRING
APRIL

HARVEST
BURKE
ENGLISH
PERSIAN

GREEN
PICKLES
WHITE
GARDEN

H	R	H	Z	K	W	I	T	G	H	G	M	R	G	P	W	N	E	A	P
X	Y	W	P	G	B	S	R	I	K	Y	J	E	Q	N	C	E	K	F	E
E	W	U	E	F	E	E	S	E	L	K	C	I	P	U	I	D	O	B	R
M	T	P	R	V	E	R	C	Y	S	K	K	R	C	K	D	R	N	V	S
Y	S	I	R	N	W	O	X	D	X	Z	N	U	E	J	Q	A	P	R	I
T	Y	A	H	L	R	G	P	H	O	Z	M	A	W	T	P	G	V	S	A
K	H	X	Z	W	A	W	O	P	W	B	H	H	P	G	R	I	T	E	N
D	V	V	P	H	H	O	D	D	E	B	Q	O	L	N	I	Z	P	J	N
N	E	K	B	E	I	I	M	R	A	F	S	U	J	W	S	J	I	U	A
V	K	L	X	Y	N	J	P	Y	B	L	Q	D	D	L	I	N	J	Z	F
W	G	I	J	Y	H	G	W	A	C	D	I	U	P	H	K	U	M	N	K
F	U	R	V	X	E	L	L	P	J	S	U	A	X	H	A	U	E	F	E
C	X	P	B	U	R	K	E	I	O	K	J	S	J	U	O	E	O	W	Z
O	X	A	M	R	W	C	M	B	S	S	N	E	N	K	T	A	F	B	F
D	I	H	G	R	R	L	J	O	H	H	D	W	A	K	S	R	N	T	F

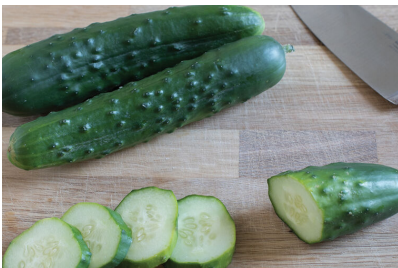




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CUCUMBER VARIETIES

GENERAL LEE



This cucumber grows well almost anywhere. It's long and narrow with a nice green color. It has a great flavor, and the plants have a good yield!



WHITE CUCUMBER



This variety has been around since 1893. It has a clean, cool taste and crunchy texture. This cucumber is great sliced in salad or pickled!



ENGLISH CUCUMBER



This variety is long and thin with delicate skin. You'll usually see them wrapped in plastic at the grocery store. They are seedless with a mild, sweet flavor.

CUCUMBER FAST FACTS

Michigan produces the most cucumbers that are used for pickling and Florida produces the most fresh cucumbers!

Even though we eat cucumbers as a vegetable, they are actually a fruit!



2 billion pickles are packed each year in the United States. That's enough for each person to have 9 lbs. of pickles!

Cucumbers are loaded with nutrition! They have Vitamins B1, B2, B3, B5, B, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorous, Potassium and Zinc!

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2023-2023 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

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IDEA Child Nutrition Program APRIL 2023 Harvest of the Month Recipe

HOMEMADE PICKLE CHIPS



INGREDIENTS

- 2 pounds of fresh cucumber
- 1/4 quarter vinegar
- 1/8 cup granulated sugar
- 1 1/2 Tbsp. salt
- 1/4 yellow onion
- 1/4 Tbsp. dried dill
- 1 1/4 cup water



STEPS

1. Wash cucumbers and set aside to dry.
2. In a large bowl, make the brine by combining the vinegar, sugar, salt, onion, dill and water. Whisk until the sugar and salt are completely dissolved.
3. Slice the onions into large chunks.
4. Place onions in a large container, jar, or bowl.
5. Slice the cucumber into 1/4" thick slices.
6. Place the cucumbers into your container with the onions.
7. Pour the brine over the onions and cucumbers.
8. Press the veggies down to make sure they are completely submerged.
9. Cover and place in the refrigerator for at least 4 hours, or overnights.
10. Enjoy!



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