

# ISLAND GROWN HARVEST OF THE MONTH JULY 2014 CUCUMBER

## Cucumber Raita (*serves 4*)

3 medium sized cucumbers, peeled and chopped  
2 C. Plain yogurt  
1/2 tsp. cumin, ground  
1/2 tsp. salt  
1 TBL. Cilantro, chopped

Combine cucumbers, yogurt, cumin and salt. Garnish with chopped cilantro.



[islandgrownschools.org/harvestofthemoth](http://islandgrownschools.org/harvestofthemoth)

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**Pepino Raita** (*rendimento: 4 porções*)

- 3 pepinos médios, descascados e picados
- 2 xícaras de iogurte natural sem sabor
- 1/2 colher de chá de cominho moído
- 1/2 colher de chá de sal
- 1 colher de sopa de coentro picado

Misturar pepino, iogurte, cominho e sal. Decore com coentro picado.

