



ISLAND GROWN

HARVEST OF THE MONTH

– July –

CUCUMBERS

FEATURED FARM OF THE MONTH: BAKEHOUSE FARM

Bakehouse Farm lies just behind The Scottish Bakehouse, and provides fresh, local vegetables for the soups, salads, and sandwiches that are served there throughout the year. Zephyr Plume tends the fields of Bakehouse Farm and grows several varieties of cucumbers for the kitchen – pickling cucumbers, English varieties, and some that are thicker skinned. Corinto is one of her favorites, for its flavor, disease resistance, and size.

HEALTHY SERVING IDEAS

Add cucumbers & mint to your water to make a flavorful, healthy drink.

For quick pickles, pour 1/2 cup of white vinegar over 1-2 sliced cucumbers in a mason jar and add water to just cover slices. Add salt, pepper and dill and refrigerate for at least 1 hour.

Wrap chopped cucumbers, tomatoes, red onion, and feta in a whole wheat tortilla for a Greek-inspired healthy lunch.

HEALTH BENEFITS

VITAMIN K

H2O

VITAMIN C

MANGANESE

POTASSIUM

B VITAMINS

**ANTI-
INFLAMMATORY**

SHOPPER'S TIPS

Choose firm, dark green cucumbers that are heavy for their size.

Keep them refrigerated and store in a plastic bag or container for up to one week.

Pickling cucumbers are usually smaller, with thicker skin.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

