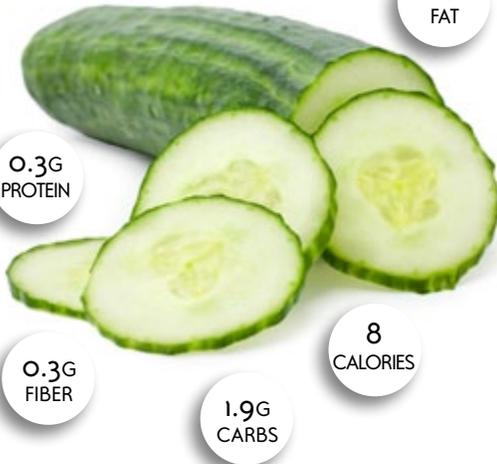


FAMILY CONNECTIONS

TASTEFUL HARVEST



CUCUMBER



0.1G
FAT

0.3G
PROTEIN

0.3G
FIBER

1.9G
CARBS

8
CALORIES

✓Cholesterol-Free

✓Fat-Free

✓Sodium-Free

✓Gluten-Free

✓Low-Calorie

Cucumbers are a good source of vitamin K, which may help with blood clot prevention

Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

HOW TO PICK THE BEST

- Look for different varieties of cucumbers like Apple, Lemon, Japanese, Persian, or English.
- Choose firm cucumbers with smooth skins.
- Avoid cucumbers that have shriveled ends or blemishes.
- Store cucumbers in a cool, dry place for up to one week. Or, keep in the refrigerator for up to five days in a plastic bag.

Helpful Hint: Thicker cucumbers have more seeds

HEALTHY SERVING SUGGESTIONS

- Eat a cool, crisp cucumber for a thirst-quenching snack.
- Add sliced cucumbers to salads or sandwiches for extra crunch.
- Make a cucumber and tomato pita sandwich.
- Mix sliced cucumbers with vinegar, water, salt, and pepper for a side dish.
- Serve sliced cucumbers with low-fat yogurt dip for a healthy snack.

VEGGIE TORTILLA ROLLUPS

Makes 4 servings. 1 tortilla roll per serving. Prep time: 20 minutes

Ingredients:

- 4 whole wheat tortillas (7-inch)
- 8 tablespoons (½ cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper (any color)
- ½ cup chopped cucumber
- ¼ cup diced canned green chilies
- ¼ cup sliced ripe olives, drained

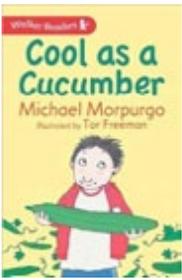
Directions:

- Spread each tortilla with 2 tablespoons of cream cheese.
- Top with equal amounts of vegetables.
- Roll up tightly to enclose filling and serve.

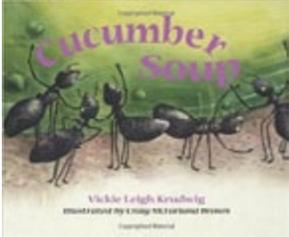


Nutrition information per serving: Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg
Adapted From: https://harvestofthemoonth.cdpd.ca.gov/documents/Spring/Cucumber/Cucumber_Fam.pdf

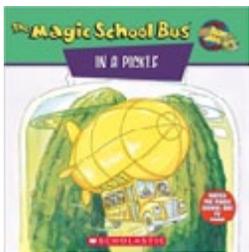
READING FUN



Cool as a Cucumber
by Michael Morpurgo



Cucumber Soup
by Vickie Leigh Krudwig



The Magic School Bus:
In a Pickle by Joanna Cole

CUCUMBER FUN FACTS

- The phrase “cool as a cucumber” originated because cucumbers can be 20 degrees different between the inside and the outside temperature.
- Cucumbers are members of the Cucurbitaceae family which also includes muskmelons, watermelons, pumpkins, and gourds.
- Although less nutritious than most fruit, the fresh cucumber is still a very good source of vitamin C, vitamin K, and potassium, and also provides some dietary fiber, vitamin A, vitamin B6, thiamin, folate, pantothenic acid, magnesium, phosphorus, potassium, copper, and manganese. The pickling process removes or degrades much of the nutrient content, especially vitamin C.
- The world’s heaviest cucumber was grown by David Thomas, from the UK, in 2015 and weighed 23 pounds and 7 ounces.
- In the United States, the value of production is over \$410 million for cucumbers.

ACTIVITY: TEACHING THE SENSES WITH REFRIGERATOR PICKLES

Monday

Read the book *I Hear a Pickle* aloud.

Tuesday

Create a sensory activity using dill. Give everyone a piece of dill, explaining that it’s a plant that we use for cooking. Then ask them to use their senses to describe the dill. What does it look like? What color is it? Does it resemble a tree? A plant? A bus? Move on to the next sense. What does it sound like? Is it quiet or loud? What does it smell like? Is the fragrance sweet? Spicy? Does it smell like a dog? Like a cat? Like a pickle? What does it feel like? Is it hard? Is it soft? Smooth? Fluffy? Finally, have them each take a small piece and taste it. How is it? Sweet? Tangy?

Wednesday

Make refrigerator pickles. Have a table preset with ingredients for kids to explore. Point out the dill on the table. Do they remember its name? Pull out the book and tell them today they are going to make pickles. Follow the recipe/activity below. Take a picture of your new pickles in the jar. Then place them in the refrigerator until Friday.

Thursday

Print out your picture of the pickles from the day before. Take the jar of pickles out of the

refrigerator and place it on the table next to the picture. Compare and contrast between the picture and the jar. What has changed? What has stayed the same? Place the pickles back in the refrigerator, because the pickles aren’t quite finished yet and that you will be able to check on the pickles’ progress the next day and see what they look like.

Friday

Read the book *I Hear a Pickle* again together. Do the first sense—sight: Hold up a pickle spear and ask your kids to describe what they see. What color is it? Does it look hard or soft? Then place each pickle spear on a paper towel and distribute one to each family member. Ask them to touch the front and the back of the spear. What does it feel like? Do the sides feel different? Then ask them to smell it. What does it smell like? Now ask them to take a bite. What does it taste like? And finally ask them to take another bite. What sound does it make? Does it go crunch?

For the recipe see this site: http://www.judynewmanatscholastic.com/blog/2016/08/teaching_the_senses/