



Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose firm cucumbers with dark green color.

Store – Refrigerate in a plastic bag for up to 1 week.

Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Recipe of the month

Greek Salad 6 servings

Ingredients:

- 26 romaine lettuce leaves, torn into 1 1/2-inch pieces
- 1 medium cucumber, peeled and sliced
- 1 medium tomato, chopped
- 1/2 cup red onion, sliced
- 1/3 cup feta cheese, crumbled
- 2 tablespoons extra-virgin olive oil (or cooking oil of choice)
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- salt (optional 1/2 teaspoon, to taste)

Directions:

1. Wash hands with soap and water.
2. Combine lettuce, cucumber, tomato, onion, and cheese in large serving bowl. Whisk together oil, lemon juice, oregano, and salt in small bowl.
3. Pour over lettuce mixture; toss until coated. Serve immediately.

Per serving: 79 calories, 6g fat, 2g protein, 4 g carbohydrate, 1 g fiber, 82 mg sodium

Source: laxf2s.org



The Coulee Region Farm to School is a partnership between the School Districts of Bangor, Holmen, La Crosse, Onalaska, and West Salem. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program–SNAP and Expanded Food and Nutrition Education Program–EFNEP. The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.