

## *Fresh Fruit & Vegetable Program: March 2023*

### Featured Fresh Vegetable: **MINI CUCUMBERS**



#### Health Benefits:

1. Vitamin K – blood clotting
2. Very hydrating due to high water content
3. Rich in Minerals – Calcium, Magnesium, Potassium



#### Fun Facts:

1. Amazingly, baby cucumbers are almost completely composed of water, at 95%!
2. Mini cucumbers are not large cucumbers picked before they fully grow – they are their own variety that when fully matured will only reach a few inches in size!
3. The skin on mini cucumbers is tender and has extra nutrients – eat these cucumbers whole!

