

Fresh Fruit & Vegetable Program: June 2023

Featured Fresh Vegetable: CUCUMBER



Health Benefits:

1. Vitamin K – blood clotting
2. Great source of fiber – good for digestion
3. Rich in Minerals – Calcium, Magnesium, Potassium



Fun Facts:

1. There are almost 100 varieties of cucumbers!
2. Botanically cucumbers are classified as a fruit since they have seeds on the inside, but nutritionally they are low in fructose, so they are considered vegetables!
3. Cucumbers are a vining plant and require lots of space since their vines can grow over 8 feet long.

