



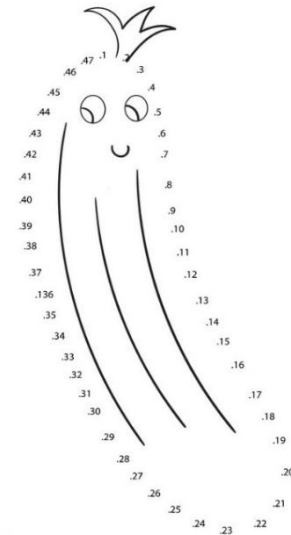
Persian Cucumbers

Persian Cucumbers are thin-skinned and only grow to be about five to six inches long and are quite narrow. They are nearly seedless and extra crisp rather than watery, and have a mild, sweet flavor.



Can You Find These
Words and connect the
dots?

CUCUMBER
HEALTHY
GREEN
DELICIOUS
SQUASH
VITAMINS



Nutrition Information

Cucumbers are 96% water, which means they don't have as many nutrients as a drier vegetable like squash; but they are low in fat, sodium, and calories.

Cucumbers contain: Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

One-half cup of sliced Cucumbers has just 8 calories!