

DID YOU KNOW?

AUGUST IS CUCUMBER MONTH

FACT #1

Cucumbers have the highest water content of any food (96%).

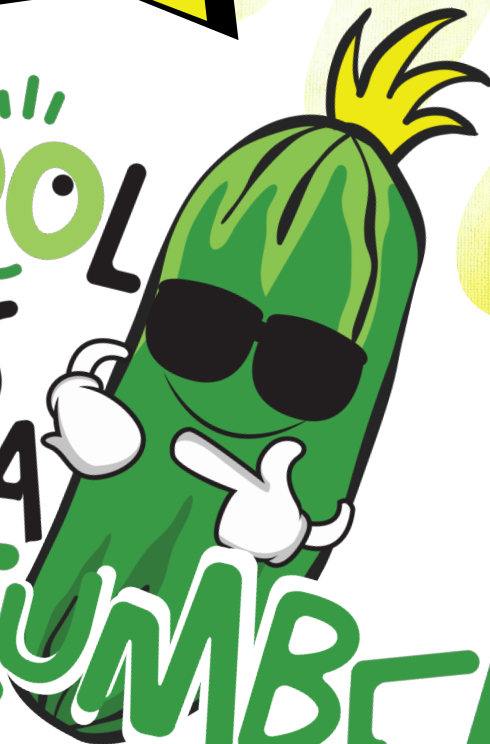
FACT #2

If you add cucumbers, spices, herbs, water and vinegar to a jar and refrigerate it for a day, you'll have pickles!

FACT #3

Like many common vegetables, cucumbers are actually fruits because they have seeds and grow from the flower of the plant.

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RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

CUCUMBER TOMATO SALAD

Number of Servings: 10 • Serving Size: ½ cup

INGREDIENTS:

- 5/8 CUP CHOPPED TOMATO
- 1 POUND CUCUMBER
- 1/3 CUP SLICED ONION
- 1 7/8 TBSP SALT
- 5/8 TSP PEPPER
- 5/8 CUP SUGAR
- 1 1/4 CUP RED WINE VINEGAR

DIRECTIONS:

1. WASH ALL VEGETABLES WITH COLD WATER.
2. CUCUMBERS, PEEL AND SLICE PLACE IN BOWL.
3. TOMATOES, CHUNK IN BITE SIZE AND PLACE WITH CUCUMBERS.
4. ONIONS, SLICE THIN ADD TO CUCUMBERS.
5. PLACE SALT, PEPPER AND SUGAR ON TOP OF VEGETABLES.
6. LET SIT FOR AN HOUR TO DRAW OUT JUICE THEN ADD VINEGAR.
8. MIX AND REFRIGERATE
9. TAKE TEMPERATURE AND HOLD AT 41 DEGREES OR LOWER.