Cucumbers

A fruit vegetable

What nutrients are found here?

Water, Vitamins K, C, & Potassium

What do those nutrients do in my body?

- Help keep you hydrated.
- Support digestion, blood clotting, & bone health.

How/Where can I grow my own cucmbers?

- In the ground or in a raised bed.
- They grow on a vine & need room to expand. Use a trellis (ex: arch) to give the vines a place to grow.

How should I store freshly picked cucumbers?

- Store cucumbers unwashed in the vegetable crisper drawer.

How can I eat cucumbers?

- Any way you want!
- Eat them raw
- Add to salads or wraps
- Pickle them

