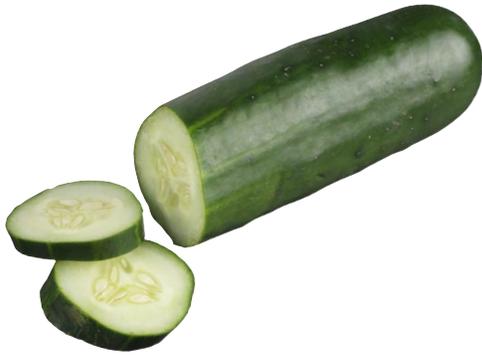


# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **cucumber**



## Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of sliced cucumbers is a good source\* of vitamin K. This vitamin helps stop cuts and scrapes from bleeding too much and starts the healing process. Together with calcium, vitamin K helps build strong bones. Cucumbers can also help hydrate your body because they are made up of mostly water.

\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Serve sliced cucumbers and other vegetables with lowfat dressing as a dip for a healthy snack.



Wrap chopped cucumbers, tomatoes, and shredded lettuce with lowfat cream cheese in a whole wheat tortilla. Add a few more of your favorite vegetables for a real power meal!



For a new flavor, add sliced cucumbers to your water.



## Shopper's Tips

- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes.
- Store cucumbers in a cool, dry place for up to one week. Or, keep in the refrigerator for up to five days in a plastic bag.
- There are many different varieties of cucumbers – Apple, Lemon, Japanese, Persian, or English. Try them all to find your favorite!

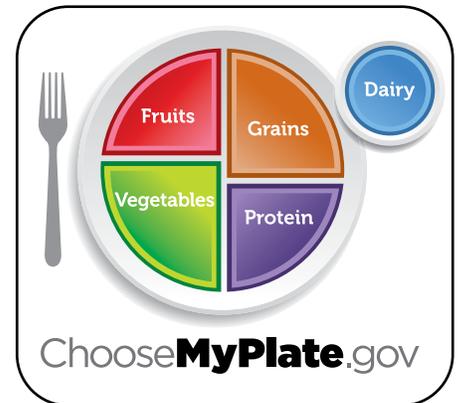
## Let's Get Physical!

Gardening is a great way to be active – like raking, weeding, digging, and planting. A garden will also help your family eat more fruits and vegetables. If you can't start your own garden, find a community garden in your area.

## How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:  
[www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)