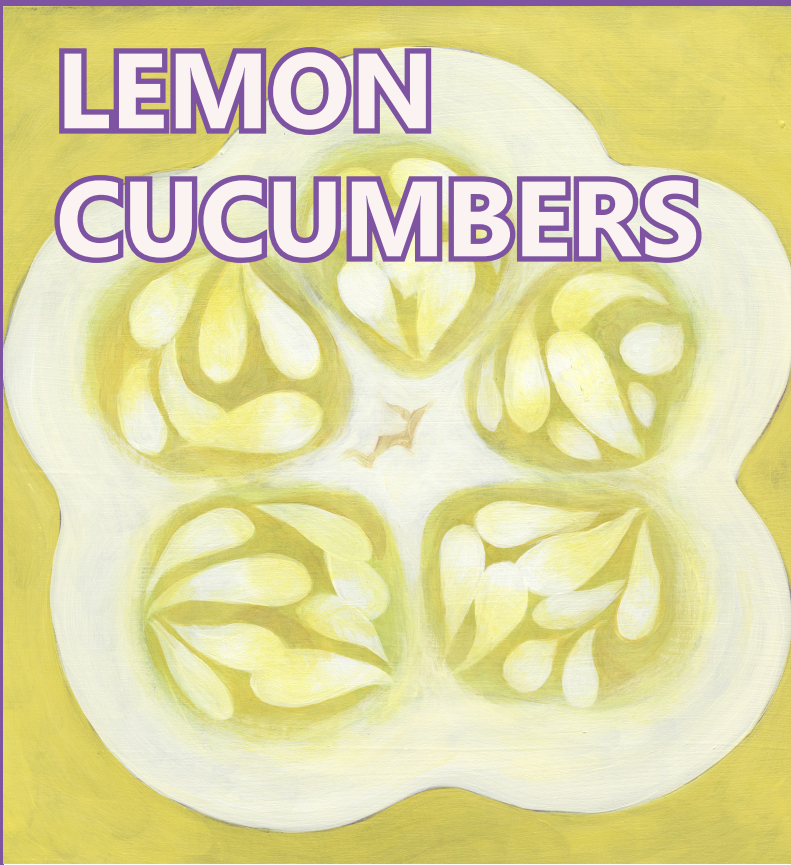


Harvest of the Month



LEMON CUCUMBERS



Local Highlight

Cucumbers are a warm weather crop that can be grown on the coast of Humboldt County as well as inland.

Check out our video about lemon cucumbers and New Moon Organics:
vimeo.com/channels/hcoenutrition

Literature Links

- *Black Belt Bunny*, by Jacky Davis
- *The Ugly Vegetables*, by Grace Lin
- *What's in the Garden*, by Marianne Berkes

Video Discussion

Why is Shively such a great place to Farm?

How does New Moon Organics prepare the soil in the spring?

How is a lemon cucumber different from other types of cucumbers you have seen?

Harvest of the Month



LEMON CUCUMBER

Cucumis sativus



Spanish: el pepino limón
Hmong: dib

Nutrition Power

Lemon cucumbers are a good source of water and vitamin K.



Water

helps cushion your brain and spinal cord!



Vitamin K

helps your blood clot if you get wounded!

History

Native to India, the cucumber has been grown as a food source for over 3000 years. Early cucumbers had high levels of compounds called cucurbitacins that made them too bitter to eat without cooking. Over time, gardeners selected for sweeter varieties that were safe to eat raw. The lemon cucumber type was probably developed in the late 1800's.

The cucumber has a reputation for never losing its cool because of its high water content. 17th Century physicians told patients with fevers to lie on a bed of cucumbers so they would become "cool, as a cucumber."



Did You Know?

- Plant part we eat: FRUIT
- Cucumbers grow on a creeping vine and are 96% water.
- Cucumbers are related to melons and squash.
- In addition to being eaten raw or pickled, cucumbers can be cooked!
- Cucumbers are combined with yogurt and herbs to make raita, a condiment used in Indian cuisine.
- Lemon cucumbers don't actually taste like lemons, they just look like them!

