

Harvest of the Month



LEMON CUCUMBERS



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a lemon cucumber on its own.
2. **MAKE** a dish with lemon cucumbers using the recipe and ingredients provided.
3. **LEARN** about lemon cucumbers with the information below.



Fun Facts

- Refreshing, moist, and crisp, cucumbers are called “cool” because they are 95% water!
- Cucumbers are usually eaten fresh or pickled. Pickles are made by processing cucumbers with salt, vinegar, and spices.
- Lemon Cucumbers are lemon-sized, lemon-colored, but not lemon-flavored. They have a thin skin and are crunchy.
- Cucumbers are a good source of vitamin K which helps your blood clot if you get cut!

Local Connection



New Moon Organics grows lemon cucumbers in Shively along the Eel River. The farmers use a method called dry farming: their crops grow using moisture that is already in the soil and never need to be watered!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Need help with food? Add to your food budget with the CalFresh program. Visit benefitscal.com or call 1-877-410-8809 to find out if you qualify.