



LEMON CUCUMBERS

- Refreshing, moist, and crisp, cucumbers likely are called “cool” because they are 95% water!
- Cucumbers were first cultivated in India 3,000 years ago.
- There are three main varieties of cucumbers: slicing, pickling, and seedless.
- Lemon Cucumbers are lemon-sized, lemon-colored, but not lemon flavored. They have a thin skin and are crunchy.
- Cucumbers are usually eaten fresh or pickled. Pickles are made by processing cucumbers with salt, vinegar, and spices.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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EDIBLE ART: Cucumber Carving

Teach students about proportions and proper cutting methods with a cucumber carving. Start by making a cute, green cat before tackling more complex creatures. Lions, dinosaurs, monsters, oh my!



Supplies Needed (for each participating student):

Cucumber Toothpicks Pen *Knife

**Plastic knife for younger students; older students may be able to use paring knives.*

1. Demonstrate the safe way to cut a cucumber. Firmly grip the knife and make a sawing, back-and-forth motion to gently cut through the cucumber.
2. Have students cut off the top three inches of the cucumber which will make the "head" of the cat, then use a pen to mark where cat's eyes should be on the head. Use a knife to dig out the eyes.
3. For the ears, have students use a pen to draw a "V" shape where each ear should be. Then draw a smaller "V" inside each big "V." Make shallow cuts along the pen lines. Use a toothpick to prop up each ear.
4. For the legs, have students cut a piece of cucumber about three inches long, then cut that piece into fourths. Use toothpicks to attach each leg to the rest of the cucumber (the cat's body).
5. Finally, attach the cat's head to the body using toothpicks. Use remaining cucumber scraps to make a tail and attach to the body with a toothpick. Meow!



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