

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7500 students in Nevada County will sample **lemon cucumbers** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Slice into wedges and serve with a healthy dip
- Add cucumber and mint to water for a delicious, healthy drink
- Dice and add to your salad for a tasty crunch

Lemon Cucumbers



Greek Salad

Recipe by Marisha Finkler

Serves 4-6 Prep time: 5 minutes

- 2 lemon cucumbers
- 2 large tomatoes
- ¼ cup chopped red onion
- ¼ cup chopped Kalamata or black olives
- ¼ cup crumbled feta cheese (optional)
- 1 Tbsp. chopped fresh oregano or basil

Dressing: Combine in a small jar with lid:

- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil
- ¼ tsp. salt
- Dash black pepper

Place lid on dressing jar and shake until combined. Slice or chop lemon cucumbers and tomatoes, toss with remaining ingredients and dressing.

JSM Organics is a certified organic farm located in the beautiful hills of Royal Oaks/Aromas, California in Monterey County. The JSM team is dedicated to producing the highest quality produce and providing affordable and accessible organic food.

Javier Zamora, the founder of JSM Organics, grew up farming in Mexico, went to college at age 41, and then started his own farm here in California.

You can find his strawberries, avocados, celery and jicama in season at the Briar Patch Coop.



If your student is eligible for free/reduced school meals, you may qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Lemon Cucumber Fun Facts

For all ages:

Lemon cucumber does not have a lemon taste- only color.

They have a thin, tender skin with a flavor a little milder than a regular cucumber.

The longest cucumber ever recorded was 42.13 inches!
That's as tall as many first graders.

Cucumbers grow on a vine, and are technically a fruit. They are related to zucchini, pumpkins and watermelons and gourds.



There are three main varieties of cucumber: slicing, pickling, and seedless. Lemon cucumbers are a type of slicing cucumber.

Cucumbers are best eaten raw or pickled. Pickles are cucumbers that have been preserved with vinegar and salt, with added spices.

For older students:

Science:

The scientific name for cucumber is *cucumis sativus*. It is part of the Cucurbitaceae family.

Lemon cucumbers are low in cucurbitacin, a naturally occurring chemical that accounts for a slightly bitter taste in other varieties of cucumbers. Their lack of bitterness qualifies them as a “burpless” variety.

History:

Lemon cucumbers are believed to have originated in India or the Middle-East in the 16th century, and were introduced to the US in the late 1800s.

Other cucumber varieties have been cultivated for at least 3,000 years. Originating in India, they are now grown around the world.

Nutrition:

Lemon cucumbers have a very high water content, and very few calories. They are a source of fiber, vitamin C, vitamin K, calcium and potassium.