June
Harvest of the Month
Cucumbers

Illustration by Emmanuel Quezada-Romero, Charlottesville City Public Schools

Try Cucumbers at Home!

Health and Nutrition

Cucumbers are low in fat, sodium and calories. One half cup of sliced cucumbers has just 8 calories. The skin of the cucumber is a great source of dietary fiber too.

Cucumbers also contain:
Vitamin C, Vitamin K, Potassium, Chlorophyll, Vitamin A, Magnesium and Phosphorus.

Did YOU Know?

If you're feeling tired in the afternoon, grab a cucumber! There are enough carbohydrates and B vitamins to give you a long-lasting and healthy boost of energy.

Reading Together

Check out our featured book:
Phil Pickle
by Kenny Herzog

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