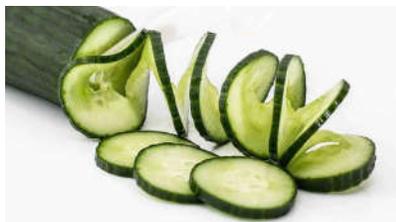


Produce of the Month



Cucumbers



To maximize their nutrient content, cucumbers should be eaten **unpeeled**. Peeling them reduces the amount of fiber, as well as certain vitamins and minerals. Cucumbers contain **antioxidants**, including flavonoids and tannins, which prevent the accumulation of harmful free radicals and may reduce the risk of chronic disease. Cucumbers are composed of about 96% water, which may increase **hydration** and help you meet your daily fluid needs. Cucumbers contain a good amount of fiber and water, both of which may help prevent constipation and **increase regularity**.

Fun Facts

There can be a 20° difference between the inside of a cucumber and the actual temperature outside, this is thought to be where the phrase “**cool as a cucumber**” came from. The green vegetable has even been transported by one of the most famous explorers. **Christopher Columbus** is said to have taken cucumbers to Haiti in 1494 and started their distribution around the ‘new world’.

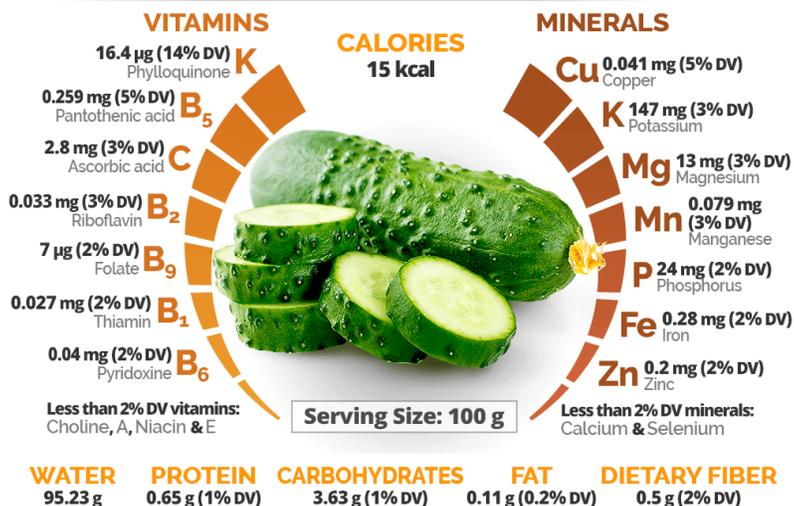


Selecting and Storing



Cucumbers should be dark green and firm. The lighter shades tend to be the older ones, which lack the crunch and freshness. Examine it for any spongy spots, which means that they are not fresh. **The Wax Issue.** In order to make vegetables last longer, many growers tend to apply wax on the skin. So inspect the cucumbers well, using your nails to check. **Small and Slender:** Pick cucumbers that are small in size and slender in shape. The smaller varieties are fresher and known to contain lesser seeds. **Store** them in the **refrigerator** placing them in a plastic bag. It is also advisable to keep them in front of the vegetable rack to retain their moisture rather than stacking them towards the back. Consume them within two to three days of purchase.

Cucumber Nutrition



Manchester's Message for a Healthier You



For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>
9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages