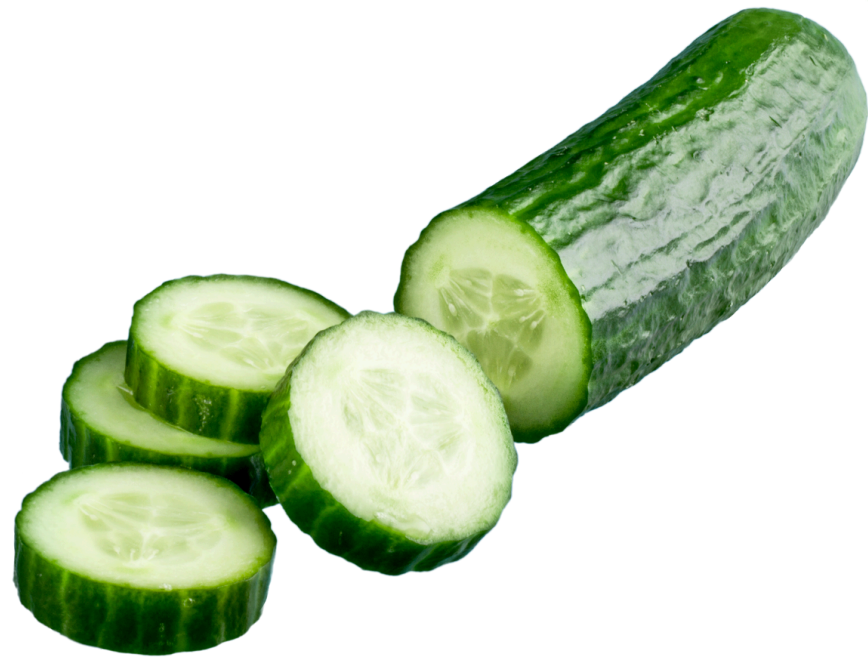




Thought Foodness



Featuring
English Cucumbers

WEST VIRGINIA HARVEST™



Did You Know?

English Cucumbers

Where I grow best:


English cucumbers grow best in warm weather with fertile, well-drained soil, and lots of sunshine. Many of the English cucumbers you see in stores are grown in special indoor greenhouses. These aren't small backyard greenhouses—these cucumbers are grown in big, indoor farms! English cucumbers are called "slicing cucumbers" because they have thin skin and tiny seeds, making them perfect for slicing and eating.

My Nutritional Superpowers include:

English cucumbers have potassium, which helps keep your heart healthy and your muscles and nerves working. Vitamin K helps your blood clot and keeps your bones strong, while vitamin C helps build strong teeth and gums. Magnesium is great for your stomach and digestion, and antioxidants protect your cells from damage and help prevent diseases. Plus, English cucumbers are full of fiber, which helps keep you feeling full and your stomach happy!

I taste great in meals like:

English Cucumber Refrigerated Pickles, Tomato & Cucumber Feta Salad, and Cucumber Dill Sandwiches.



You can find fresh **English Cucumbers** at grocery stores and Walmart in **West Virginia!**



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Recipe Spotlight

Easy English Cucumber Pickles

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

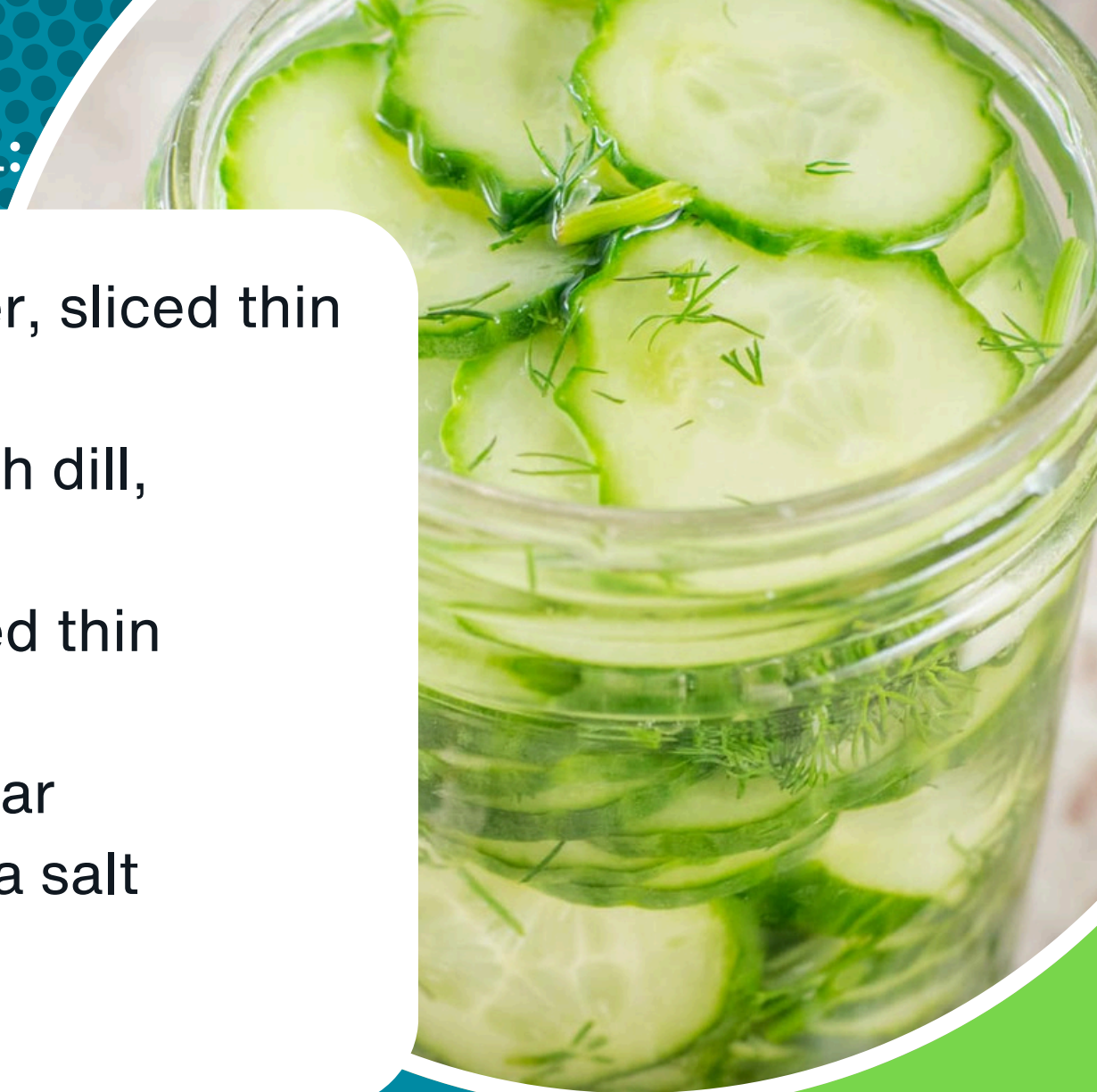
How to make it:

1. Layer the sliced cucumbers, chopped dill, and garlic in a jar.
2. Mix the water, vinegar, and salt in a small bowl.
3. Pour the mixture into the jar over the cucumbers.
4. Cover with a lid and put the jar in the fridge for at least 4 hours, but they taste best if you wait until the next day.
5. Enjoy your homemade pickles!

What you will need:

- 1 English cucumber, sliced thin (about 1 ½ cups)
- 2 tablespoons fresh dill, chopped
- 1 clove garlic, sliced thin
- ½ cup water
- ½ cup white vinegar
- 1 ½ teaspoons sea salt

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.




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healthier
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