



Thought  
Foodness

Featuring  
Cucumber &  
Grape Tomato



WEST VIRGINIA HARVEST™



## Did You Know?

# Cucumber & Grape Tomato

### Where I grow best:

Grape tomatoes and cucumbers grow best in warm, sunny places with well-drained soil. They need at least six to eight hours of sunlight each day and like temperatures between 65°F and 85°F. Both can be grown in gardens, raised beds, or large pots and need regular watering. These plants thrive in places with long, warm summers, such as California and Florida, but they can also grow in West Virginia during the warmer months.

### My Nutritional Superpowers include:

Grape tomatoes and cucumbers have powerful nutrients to keep the body healthy. Grape tomatoes have vitamin C to fight germs, lycopene for heart health, and fiber for digestion. Cucumbers are full of water for hydration, vitamin K for strong bones, and antioxidants to protect the body. Eating them is a fresh and crunchy way to stay strong!

### I taste great in meals like:

Grilled Vegetable Kabobs, Tomato & Cucumber Salad, and Tomato & Cucumber Pita Pocket !

You can find Grape Tomatoes & Cucumbers at Walmart and Grocery Stores in West Virginia!



  
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# Recipe Spotlight

## Tomato & Cucumber Pita Pocket

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

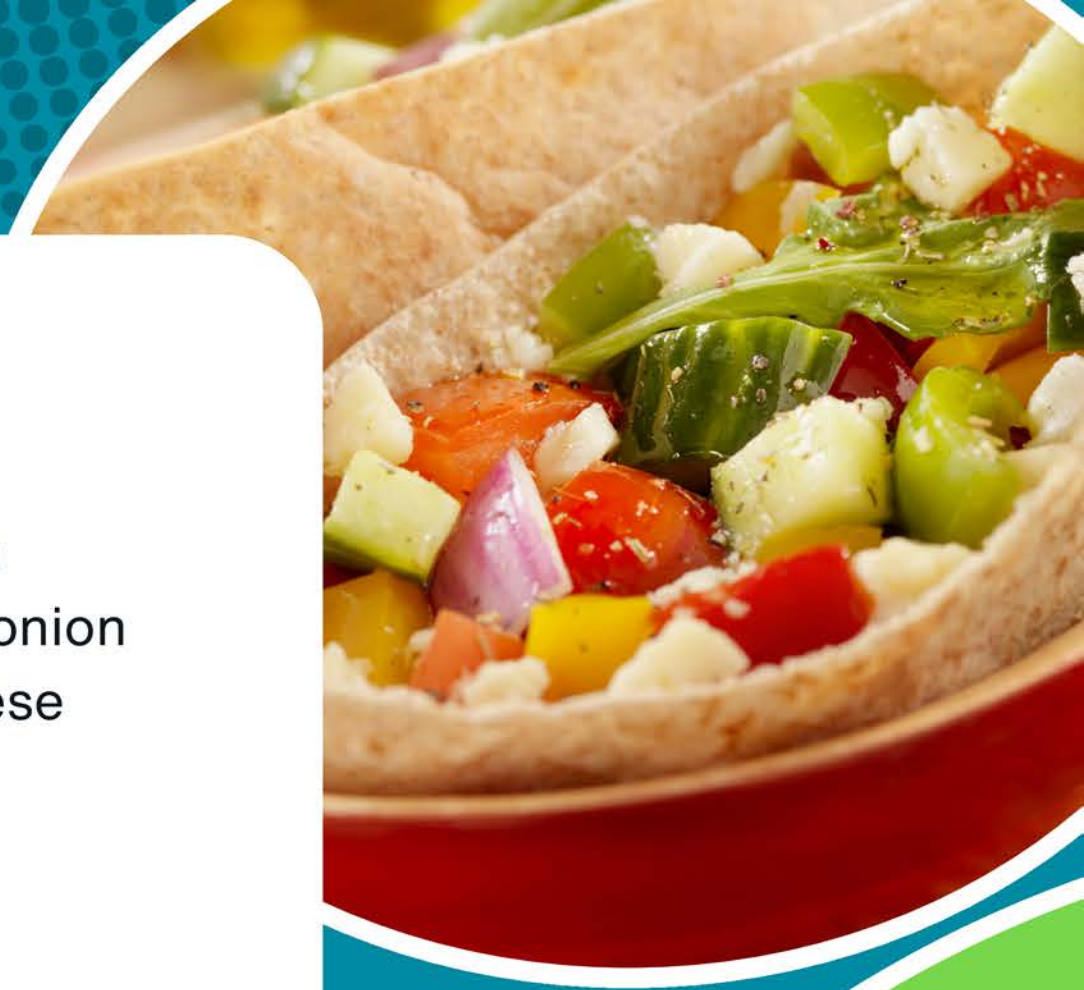
Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

### How to make it:

1. Place hummus or ranch inside the pita.
2. Fill with cucumbers and tomatoes.
3. Fold and enjoy a fresh, tasty pocket!

### What you will need:

- 1 small pita bread
- ¼ cup chopped cucumber
- ¼ cup sliced grape tomatoes
- 1 tablespoon hummus or ranch
- Optional: ¼ cup chopped red onion and ¼ cup crumbled feta cheese



\*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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