



May

Harvest of the Month



Harvest of the Month: Cucumber

Fun Facts

- ✓ **Cucumbers** are a good source of potassium, which is needed for muscle contracting.
- ✓ 1/2 cup of sliced **cucumbers** contains 8 calories and no fat.

Buying Tip

Select **cucumbers** that are firm with dark green skin. Refrigerate cucumbers in a plastic bag for up to one week.

For the Classroom

Include **cucumbers** in lesson plans this month by using the resources in the link below!

<http://gafarmtoschool.org/cucumbers/>

Harvest of the Month: Blueberry

Fun Facts

- ✓ **Blueberries** contain vitamin C, which supports immune function.
- ✓ Blueberries contain anthocyanins, which gives them their blue color.

Buying Tip

Select **blueberries** that are firm, plump, with a dusty blue color. Refrigerate and use within 10-14 days.

For the Classroom

Include **blueberries** in lesson plans this month by using the resources in the link below!

<http://gafarmtoschool.org/blueberries/>

Cucumber, Tomato and Vidalia Onion Salad

Ingredients:

- 1/4 Cup Red Wine Vinegar
- 1/4 Cup Chopped Parsley
- 2 Tsp Chopped Dill and Oregano
- 1 Tsp Kosher Salt
- 1/2 Tsp Cracked Black Pepper
- 1/2 Vidalia Onion
- 2 **Cucumbers**
- 1.5 Cups Grape Tomatoes

Instructions:

1. Whisk vinegar, parsley, dill, oregano, salt and pepper together in a bowl.
2. Thinly slice half of a vidalia onion and grape tomatoes.
3. Peel and slice two medium **cucumbers**.
4. Combine the chopped vegetables and vinaigrette in a bowl.

* Makes 4 servings. For full recipe click here!



Blueberry Banana Smoothie

Ingredients:

- 1 Cup **blueberries**, frozen (not thawed)
- 3/4 Cup nonfat vanilla yogurt
- 1 Banana

Instructions:

1. Place frozen **blueberries**, yogurt and banana into a blender.
2. Blend until smooth.
3. Pour into a 16-ounce serving glass.
4. Serve immediately.
5. Enjoy!

* Makes 1 serving. For full recipe click here!

