

Louisiana HARVEST *of the* MONTH



Cucumbers

Fun Facts About Cucumbers!

- A cucumber's seeds contain most of its flavor.
- The internal temperature of a cucumber is cooler than the outside air — hence the phrase “cool as a cucumber.”
- Keep the peel! Most of the nutrients in cucumbers are found in the skin.

Cucumbers Are Nutritious and Good for You!

- Low in calories.
- Good source of vitamin C.
- Good source of vitamin K.



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