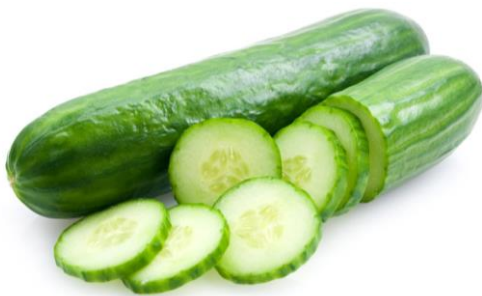




March Garden Fresh Vegetable Cucumbers



Cucumber Nutrition

- A member of the gourd family, which also includes melons, squash, and pumpkins
- More than 95% water
- Good source of vitamin K to help blood clot
- High amounts of folate, vitamin C and potassium

In The Garden

In April students will enjoy their first cucumber harvest from the school garden! Tiny seeds were planted in March in soil amended with compost and organic fertilizer. Cucumbers grow best in an area with at least six hours of full sun. A cucumber plant is a vine with tendrils for climbing. Planting the seeds close to a fence or trellis is a great way to save garden space as the vine will prefer climbing up to the sun. In April, students will continue adding organic fertilizer every two weeks to the growing tomato plants while they wait for the harvest in May. Also in April with the soil warm, a variety of pepper plants will be planted in the garden. Big Bertha bell peppers and yellow banana peppers are two of our favorites!

Happy Gardening!



Garden Lady, Stephanie Baker

www.readytogrowgardens.com



Persian Cucumber & Tomato Salad

Makes 4 servings

Ingredients:

3 cups diced unpeeled small cucumbers

1 ½ cups assorted cherry tomatoes, halved

¼ cup finely chopped white onion

3 tablespoons coarsely chopped fresh parsley

1 tablespoon coarsely chopped fresh mint

1 teaspoon lemon zest

1 tablespoon fresh lemon juice

¼ teaspoon kosher salt

2 tablespoons extra-virgin olive oil

Fresh pepper to taste

Directions:

1. Combine cucumbers, tomatoes, parsley, mint, lemon zest, lemon juice, and salt in a medium bowl. Let stand for at least 10 minutes (and up to 2 hours) for the flavors to meld.

2. Add oil and toss to coat. Season with pepper.

Taken from www.eatingwell.com