

UW-Madison Division of Extension * Laura Apfelbeck, FoodWise Coordinator
920-683-4170 * laura.apfelbeck@wisc.edu



Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Have you heard the phrase "cool as a cucumber"? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WISHarvestOfTheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM2001000000060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.



Key nutrients in Cucumbers:

Vitamin K – Needed for blood clotting, preventing excessive bleeding.
Potassium – Helps maintain normal blood pressure
Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.

Taste Testing:

Select a variety of cucumbers for kids to try. You may be able to find unique varieties like lemon cucumbers or Mexican sour gherkins at a farmers' market. Encourage Kids to use five senses to observe, smell, feel, listen, and taste cucumbers. Note observations and discuss similarities and differences between varieties. Is there a favorite?

Cool Cucumber Salad

Ingredients:

- 1 Cup grape tomatoes, halved
- 1 Cup cucumber, sliced
- ¼ Cup crumbled feta cheese
- 2 Teaspoons olive oil
- 1 Tablespoon lemon juice
- ¼ teaspoon ground black pepper

Directions:

1. Wash and cut tomatoes, cucumber, and onion. Stir together in bowl.
2. Add cheese, oil, lemon juice, and ground black pepper. Stir.
3. Store tightly covered, in refrigerator for 3-4 hours before serving. Stir well before serving.

Nutrition: 120 calories; 4g protein; 9g carbohydrates; 9g fat; 180mg sodium
 Recipe link: <https://spendsmart.extension.iastate.edu/recipe/cool-cucumber-salad/>



Children's Book: *Cucumber Soup* by Vickie Leigh Krudwig



Harvest of the Month materials are available in Spanish or English:
<https://healthyliving.extension.wisc.edu/welcome-to-harvest-of-the-month/>

Get Kewaunee County Healthy!

The purpose of the Get Kewaunee County workgroup is to help the residents of Kewaunee County stay active. The group consists of 13 members from various organizations around the county, including the Kewaunee County Health Department, Bellin Health, Prevea Health, and UW-Madison Division of Extension FoodWise program nutrition educator, Jace Purdy.

The group is currently working on finishing a Physical Activity Opportunities booklet, creating a Healthy Story Path in Bruemmer Park, and getting walking groups started. The Physical Activity Opportunities booklet is a comprehensive list of ways to keep active in the county. The Healthy Story Path plans to take a local author's work and break it up along a walkable path. This allows the combination of literacy, exercise, and time spent in nature. Jace Purdy attends workgroup meetings to share needs of low-income community members. With this in mind, the Kewaunee Summer Challenge offers a variety of low cost outdoor physical activity opportunities in Kewaunee County.



Photo source: Creative Commons



Kewaunee County Summer Challenge



- Start a squirt gun or water balloon fight.
- Watch for squirrels at Bruemmer County Park, E4280 Co Road F, Kewaunee. Share your Squirrel Report with friends.
- Create 3 scrapbook pages to remember a special event. You could enter your scrapbook in the Kewaunee County Fair!
- Make a scavenger hunt for friends or neighborhood kids.
- Walk the World Trail, 113 N Main St, Luxemburg, around the sports complex. Tell friends you travelled the world.
- On a windy day, go fly a kite.
- Watch the sun come up at Selner Park, Kewaunee.
- Stomp down the Crescent Beach Boardwalk, 1025 Lake St. Algoma. Beware of trolls!
- Pack a picnic lunch & hike the Ahnapee State Trail.
- Design a hopscotch course with chalk. See who can hop it the most times. Or fastest. Or backward. Challenge the neighbors.
- Walk out to the Kewaunee Pierhead Lighthouse. Find one cool rock.
- Stop by Kraynik's Berry farm to pick a quart of strawberries.
- Try Disc Golf at Winter Park, N3751 Ransom Moore Lane, Kewaunee
- Play outside in the dark: Flashlight Tag or Ghosts in the Graveyard.
- Bring a group and try the Gaga Pit at Jones Park in Algoma.
- Read *Scuffy the Tugboat* & go see Tug Ludington in Harbor Park, downtown Kewaunee