WASHINGTON GROWN

HARVEST OF THE MONTH

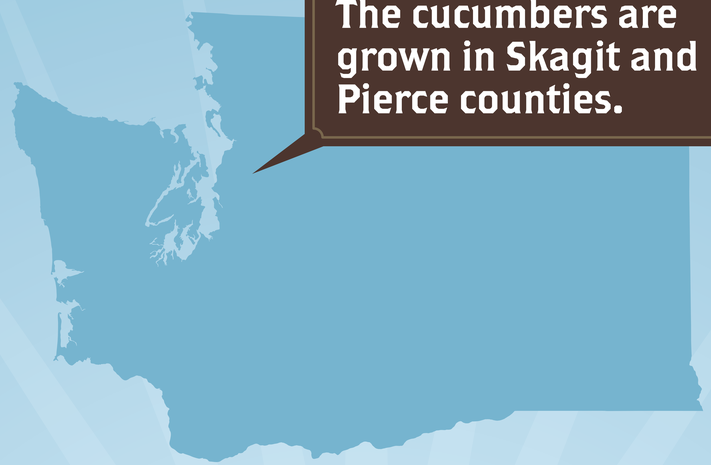
Cucumbers

FRESH · DELICIOUS · LOCAL

HEAL IS A COLLABORATION BETWEEN SEATTLE PUBLIC SCHOOLS NUTRITION SERVICES, HEALTH EDUCATION, PHYSICAL EDUCATION AND RISK MANAGEMENT DEPARTMENTS.

HEAL — HEALTHY EATING ACTIVE LIVING

EAT LOCAL › PLAY › READ › LEARN GROW!



The cucumbers are grown in Skagit and Pierce counties.

HEALTH FACT: Cucumbers are mostly water, which is very important to keep our bodies working.

Did you know?

If a cucumber plant does not get enough visits from bees, it will grow into a curvy, bumpy shape instead of a straight, long cucumber!