

Harvest of the Month

July  Cucumbers

Pick

- Select Fresh, Firm Cucumbers

Store

- Store cucumbers in the hydrator drawer of the refrigerator. They will keep up to one week.
- Cucumbers are most stable at 45-50 degrees. However, refrigeration is necessary to retain moisture.
- A cucumber refrigerated after being cut or peeled with deteriorate quickly. Use up leftovers as soon as possible.

Prepare

- No need to peel a cucumber unless it is waxed.
- Wash to remove any garden grit.

Marinated Cucumber

Tomato Salad

Ingredients

- 2 cucumbers, peeled and sliced into rounds
- 4 large tomatoes, sliced into rounds
- 1/2 cup thinly sliced red onion
- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 tbs sugar
- Salt and pepper
- 1 tbs slivered fresh basil strips
- 1 tbs chopped parsley



Instructions

Arrange cucumbers, tomatoes, onions, in a shallow serving dish. Mix oil, vinegar, and sugar in a small bowl and pour over vegetables. Season well with salt and pepper. Cover and let marinate for at least 1 hour and up to 4 hours. Sprinkle with herbs just before serving. (the leftover marinade makes a good dressing for salad greens). Makes 6-8 servings.

Wrap up the Harvest Veggie Sandwich

Ingredients

- 1 soft flour tortilla
- 1 tablespoon cream cheese, plain yogurt, or other favorite dressing
- 1/4 cup grated carrots
- 3-4 sliced cucumbers
- Several fresh spinach leaves
- 1 oz. sliced turkey, if desired.

Instructions

Spread cream cheese on tortilla (or favorite dressing or yogurt), Add veggies and turkey (if using), roll up like a burrito and enjoy!. (Makes 1 serving).



Thursdays from 2–6 pm
Saturdays- 9:00 am-1:00 pm
Diploma Drive

Near the Lunda Community Center—Black River Falls

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

Kids Corner...

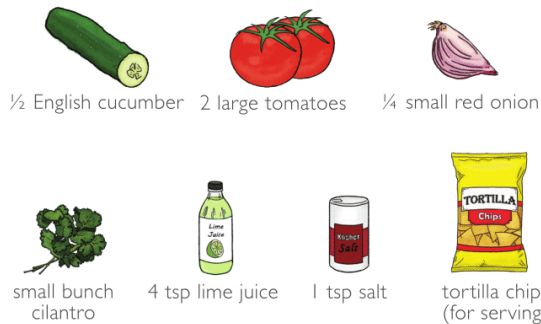
Researchers say that children are more likely to eat foods they choose or help prepare in the kitchen. Here is a kid friendly recipe that they will be excited to make and eat.

Cucumber Garden Salsa

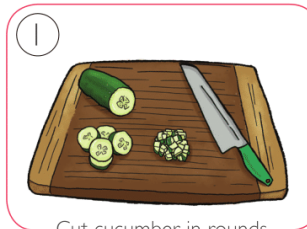
Chop a fresh garden salsa of cucumber, tomato, and onion!



Ingredients:



Steps:



Cut cucumber in rounds, then dice. Add to medium bowl.



Cut tomato in slices. Remove core, then dice. Add to medium bowl.



Cut onion in strips, then dice. Add to medium bowl.



Mince cilantro to make 2 Tbsp. Stir cilantro, salt and lime juice into bowl. Serve with chips. TASTE & SHARE!

Age-appropriate Tasks *

Around age 5 to 7, kids should be able to perform the following tasks with supervision:

- Helping collect ingredients from the cupboards, refrigerator and freezer
- Pouring
- Stirring and mixing ingredients by hand
- Assisting in measuring ingredients
- Setting a timer

Around age 8 to 10, they may be able to help perform tasks such as:

- Preheating the oven to the correct temperature
- Using the microwave
- Using a blender with assistance
- Using a knife to cut, slice or dice with supervision

*These age appropriate tasks will be different for each child, depending on how much experience he or she has in the kitchen.

Visit our Website: www.jacksoninaction.org

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