

Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

cucumber



Health and Learning Success Go Hand-in-Hand

Do you want more energy for you and your family? Start by making healthy beverage and meal choices. Water is a vital nutrient that helps keep your body temperature normal. Water also helps keep your joints moving smoothly. Students who are hydrated and healthy have more energy and can focus better in school. Use Michigan Harvest of the Month™ fruits and vegetables in meals and snacks to help your children reach their total daily needs.

Produce Tips

- Look for different varieties of cucumbers like Apple, Lemon, Japanese, Persian, or English.
- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes.
- Store cucumbers in a cool, dry place for up to one week. Or, keep in the refrigerator for up to five days in a plastic bag.
- **Helpful Hint:** Thicker cucumbers have more seeds.

Healthy Serving Ideas

- Eat a cool, crisp cucumber for a thirst-quenching snack.
- Add sliced cucumbers to salads or sandwiches for extra crunch.
- Make a cucumber and tomato pita sandwich.
- Mix sliced cucumbers with vinegar, water, salt, and pepper for a side dish.
- Serve sliced cucumbers with lowfat yogurt dip for a healthy snack.

VEGGIE TORTILLA ROLL-UPS

Makes 4 servings.

1 tortilla roll per serving.

Prep time: 20 minutes

Ingredients:

- 4 whole wheat tortillas (7-inch)
- 8 tablespoons (½ cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper (any color)
- ½ cup chopped cucumber
- ¼ cup diced canned green chilies
- ¼ cup sliced ripe olives, drained

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving:

Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*



Let's Get Physical!

- **At home:** Start a garden for you and your family.
- **At work:** Take stretching breaks! Stretch a couple of minutes for every hour you work.
- **At school:** Encourage your child to get involved with the school garden.
- **With the family:** Get everyone involved in planting and weeding!

For gardening ideas, visit: www.kidsgardening.org

Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8

Calories from Fat 0

| | % Daily Value |
|-----------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 0g | 1% |
| Sugars 1g | |
| Protein 0g | |

Vitamin A 1%
Vitamin C 3%

Calcium 1%
Iron 1%

How Much Do I Need?

- A ½ cup of sliced cucumber is about one cupped handful.
- A ½ cup of cucumbers is a good source of vitamin K, which helps your blood clot.
- Cucumbers are about 96% water.

The recommended daily amount of fluid is about eight cups per day, or 64-ounces total. Your body needs water to keep every part working. Fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily. The amount of fruits and vegetables you need depends on your age, gender, and physical activity level.

Recommended Daily Amounts of Fruits and Vegetables*

| | Kids, Ages 5–12 | Teens and Adults, Ages 13 and up |
|----------------|-------------------|----------------------------------|
| Males | 2½–5 cups per day | 4½–6½ cups per day |
| Females | 2½–5 cups per day | 3½–5 cups per day |

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

What's in Season?

Michigan grown cucumbers are available July–September. Buy locally grown fruits and vegetables in season—they may be fresher and cost less than varieties shipped from other states or countries.

Try these other champion sources of water: cabbage, celery, melons, radishes, spinach, strawberries, and tomatoes.