

**Sandusky City Schools
Dining Services & Mulvin's Farm
Farm to School Program
Fruit or Vegetable of the Month
April Fruit or Vegetable:**

Cucumber



Cucumber Nutritional Facts:

For complete nutrition facts about Cucumber please click on this link:

<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?id=11205>

If you would like more detailed information about Cucumbers including:

**The history of Cucumbers
Recipes for Cucumbers**

Please go to this link:

http://www.kitchenproject.com/history/Salads_Lettuce/Cucumbers/CucumberHistory.htm

Growing Cucumbers:

<http://www.mainstreetseedandsupply.com/growing-cucumbers.htm>

We hope you will join Sandusky Dining Services and Mulvin's Farm in promoting healthy eating in your household.