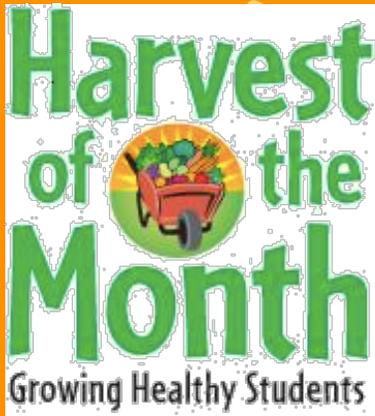


CHEQUAMEGON BAY



September



Did you know...?

- ✓ The inside of a cucumber can be up to 20 degrees cooler than the exterior, hence the phrase “cool as a cucumber.”
- ✓ Cucumbers belong to the group of vegetables known as cucurbits, which includes other vine crops such as melons, pumpkins, and squash.
- ✓ Cucumbers were first cultivated in India about 3,000 years ago and brought to America by European trappers, hunters, and explorers who traded with native tribes of the Great Plains and Rocky Mountains for squash seed.
- ✓ Cucumbers are 96% water by weight.

Cucumbers/Bipakoombensan

How to Select and Store Cucumbers

Look for cucumbers that are firm and rounded and aren't shriveled near the ends. Slender cucumbers typically have fewer seeds and those that bulge in the middle are likely filled with large seeds. The skin should be bright green and not yellow. You don't need to peel cucumbers prior to eating them, especially fresh, local cucumbers. In fact, most of the nutritional value is in the skin. Store uncut and unwashed cucumbers in the vegetable crisper in your refrigerator. Cut cucumbers should be wrapped in plastic and used within 2 days. Fresh cucumbers are available in Wisconsin from mid-July through September.

Nutritional Benefits of Cucumbers

Cucumbers are a low-calorie and fat free snack. A ½ cup of sliced cucumbers is a good source of vitamin K and a source of water, a vital nutrient for the body. The recommended daily amount of fluid is about eight cups per day, or 64-ounces total. Every cell, tissue, and organ in your body and nearly every bodily function needs water to operate. Water carries nutrients, helps maintain normal body temperature, lubricates joints, and helps get rid of waste products. Fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily. Melons, tomatoes, and strawberries are other champion sources of water.



BUY LOCAL

Fresh fruits and vegetables are in abundance during the month of September. Tomatoes, peppers, zucchini, corn, kale, broccoli, carrots, beets, green beans, cucumbers, berries, apples, and more. Farmer's markets are a great place to buy fresh local food direct from the farmers who grow it, as well pick up gardening tips, recipe ideas, and connect with neighbors. Stop by your local market before the harvest season is over!



Ashland Farmers Market

200 Block of Chapple Avenue

mid-June through early October, 8am-Noon on Saturdays

Contact: Sean Godfrey (715) 765-4793

*FoodShare Accepted

www.ashlandareafarmersmarket.com

Bayfield Farmers Market

Maggie's parking lot (3rd Street & Mannypenny Ave)

Late June through mid-October, 9am-Noon on Saturdays

Contact: Tom Galazyn (715) 779-3254

*FoodShare Accepted

Washburn Farmers Market

North Coast Coffee parking lot (509 W Bayfield St)

June through October, 3-7pm on Wednesdays

Contact: Washburn Chamber (715) 373-5017

Cornucopia Farmers Market

under the willows at the beach

Late June through September, 3-6pm on Thursdays

Contact: Jennifer Sauter Sargent (715) 742-3551

*FoodShare Accepted

Cooking Corner



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Cucumelon Salad

Ingredients

- 1 small melon (about 1 pound), seeded and cubed (about 4 cups)
- 1 medium cucumber, cut in half lengthwise, seeded and sliced into half moons
- 1/4 cup chopped fresh herbs, such as basil, mint or tarragon
- Juice and zest of 1 lemon
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

1 **Toss** together all ingredients in a large bowl to combine.

2 **Eat** as a snack or serve with yogurt or cottage cheese for a light and healthy lunch.

Find more local foods
recipes at:
FEASTbythebay.org