



CUCUMBER CRUNCH FACT SHEET

WHAT IS THE CUCUMBER CRUNCH?

The Cucumber Crunch is a simple, celebratory event to promote local foods and Farm to Summer. Select any date this summer and have staff and children CRUNCH into local cucumbers.

WHY CUCUMBERS?

- Cucumbers peak season in Wisconsin is July – September
- Cucumbers are rather inexpensive and easy to prepare
- Cucumbers can be eaten plain or with a dip, but they also are often thrown in salads, sandwiches, or wraps

CUCUMBER NUTRITION

- Cucumbers are mostly made of water
- One cup of sliced cucumbers is only 15 calories
- Cucumbers contain most of their vitamins and minerals, including vitamin C, vitamin K, and potassium, in the skin

BENEFITS OF LOCAL FOODS

- Increases the local economy by supporting local farms
- Preserves local agricultural landscapes and heritage
- Food travels less, which is better for the environment
- Local foods are often fresher and better quality