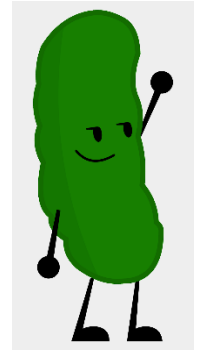


# All About Cucumbers

## Homemade Pickles

### Ingredients

- 5 Cups Water
- $\frac{3}{4}$  Cup White Vinegar
- 2 Tbsp. Salt
- 1.5 Pounds of Small Pickling Cucumbers or 2 English Cucumbers
- 3 Cloves of Garlic, Peeled
- 4 Large Fresh Dill Sprigs



### Directions

1. Rinse cucumbers in cold water. Trim the ends off and cut into  $\frac{1}{4}$  inch slices or whatever size pickles you want.
2. For brine: combine water, vinegar, and salt in a pot on the stove and turn heat to medium high. When the mixture starts to boil, turn off the heat and set aside.
3. Put the cucumbers, garlic cloves, and dill sprigs in a large bowl or container that has a lid. Add the cooled brine and stir well.
4. Once at room temperature, put the lid on and put pickles in the fridge and leave for at least 2-3 days then taste and enjoy. Pickles will hold for up to 2 weeks in the refrigerator.

## Cucumber Fun Facts

We put cucumbers in the vegetable group, but they are scientifically a FRUIT because they have a seed. They are also 95% water so when you eat them it is like taking a drink!

What Nutrients do you get from a Cucumber?

- Vitamin K-Helps your body make scabs and heal cuts and wounds. It is also helps to make proteins for strong, healthy bones.
- Antioxidants-Helps fight off infection and helps heals cuts and wounds.

**Food For U!**



# Food For Thought

An idiom is a group of words or phrase that has a meaning different from the actual words.

On the left side draw what the words or phrase say. On the right side draw what the words or phrase mean.

Draw the phrase.



That's a  
piece of  
cake!



Draw what the phrase means.

$$\begin{array}{l} 1 + 1 = 2 \\ 2 + 2 = 4 \\ 4 + 4 = 8 \end{array}$$

That's Easy!

It's  
raining  
cats and  
dogs!



We are in  
a pickle!



Snug as a  
bug in a  
rug.

