

# 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's 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!**



# Fun With Food

When you cook, chop, mash, or squeeze fruits and vegetables they can transform into something new.

Draw a line to match the fruit or vegetable with what it turns into.

Apple



Cucumber



Tomatoes



Corn



Strawberries



Oranges



Jam



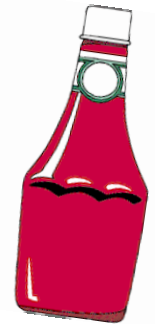
Applesauce



Juice



Ketchup



Pickles

