



August 2018



Produce Spotlight: Cucumber

Peak Season: July-September

Ripeness: pick cucumbers with firm, green flesh.

How to clean: rinse with water and scrub with veggie scrub brush.

How to prepare: slice to add to water or dice to add to any salad or meal.

Store: wrap each cucumber individually in a paper towel, then place them all in a plastic bag in the refrigerator.



SNAP-Ed Snapshot

In Knox county, SNAP-Ed Program Assistant, Tanner, teaches a series on healthy eating during the summer. Participants talked about whole grains, fruits, and how to incorporate them into wraps for a healthy lunch or snack!



Kitchen Tip

Know your knife safety! When you're using a knife, always cut away from your body. Once you're finished, wash knives one at a time. Don't toss knives into a sink full of soapy water where they can't be seen.