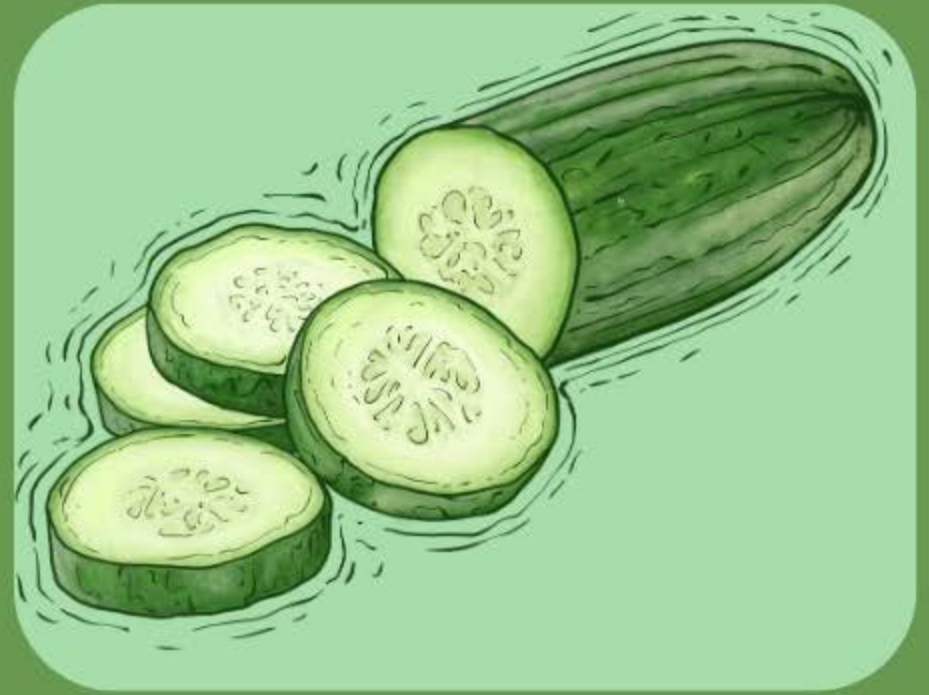


# HARVEST OF THE MONTH

## CUCUMBERS

### Did you know?

- The largest cucumber was over 3 feet, 8.6 inches long.
- Cucumber skin contains high levels of vitamin C and silica.



### Have you Tried:

- Toss them into salads!
- Add to dips like tzatziki
- Make agua fresca
- Place them on your eyes for a spa day!

### Local Farmer

**Carranza Family Farms,  
Camarillo**

- Persian Cucumbers

