

# September Harvest

## CUCUMBERS

California  
Grown!



Harvest  
of the  
Month

Pajaro Valley USD  
**Food & Nutrition**  
Services

Cucumbers are 95% water.  
They are a cool and  
refreshing way to relieve the  
pain from a sunburn.

Cucumbers are in the  
same plant family as  
pumpkins, zucchini and  
watermelon.