

HARVEST

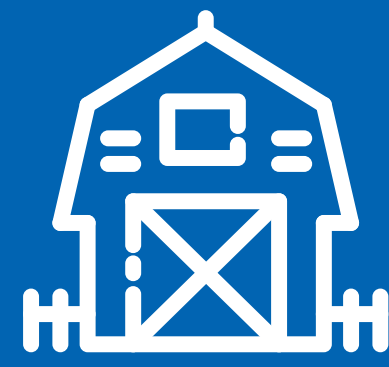
{Of the Month}



CUCUMBER

Fast Facts

- ✓ The term “**cool as a cucumber**” is actually derived from the **cucumber’s ability to cool the temperature of the blood**. When applied topically, cucumber really does cool the blood and ease facial swelling.
- ✓ Botanically speaking, the cucumber is **classified as a pepo**, a type of botanical berry with a hard outer rind and no internal divisions
- ✓ Some Maryland producers grow cucumbers which are then processed into **pickles**! Cucumbers are also grown hydroponically in Maryland and are available all year long.



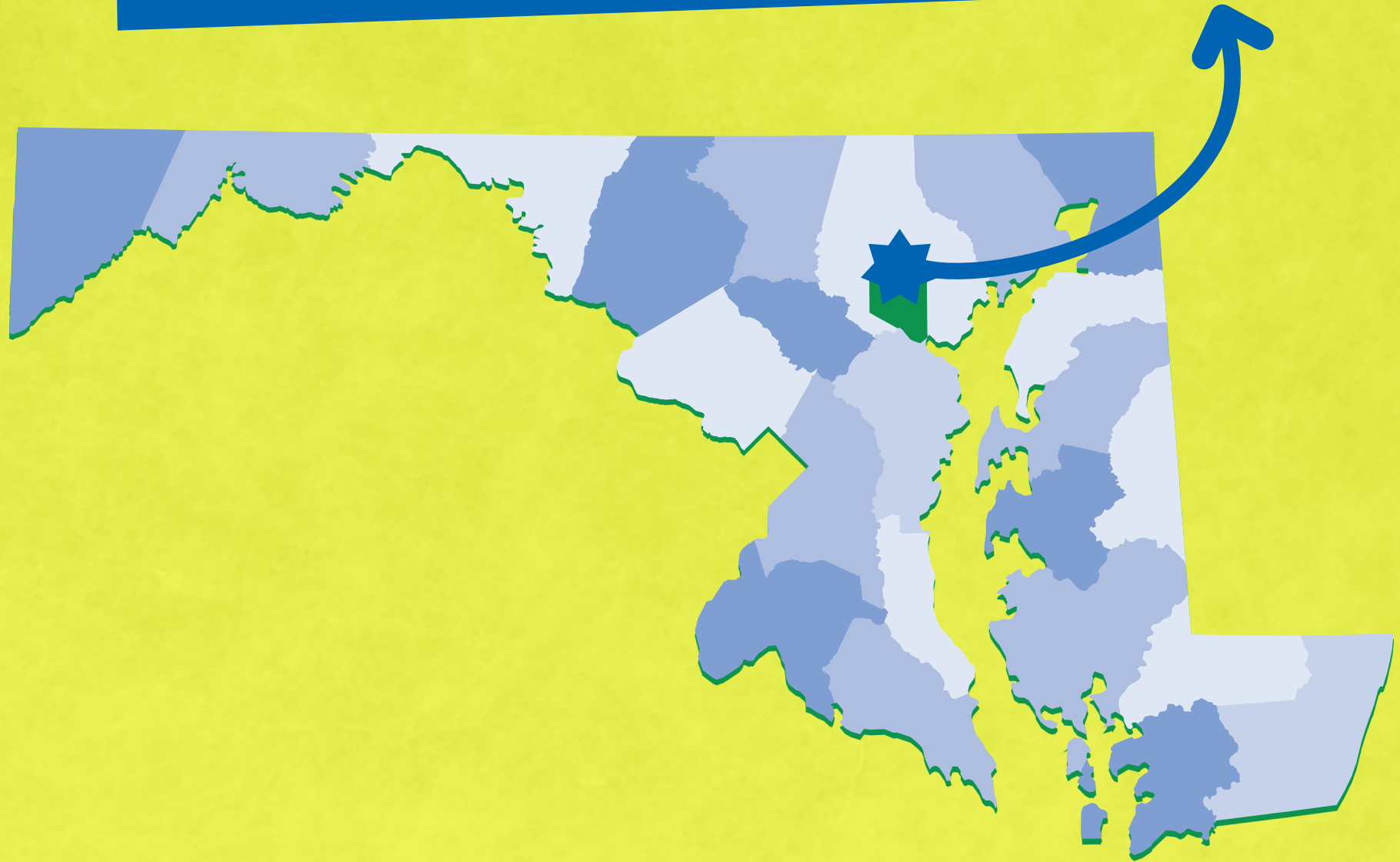
Featured Farm

GREAT KIDS FARM
BALTIMORE CITY

Thousands of students, teachers, and members of the community visit Great Kids Farm every year to learn about the importance of food and the environment. You may even see their vegetables in school lunches! The 33-acre farm, operated by City Schools, is located just outside Baltimore City in Catonsville. Does your school have its own garden? Share with us on social media using the **#MDKidsEatLocal!**

Availability

YEAR ROUND



MARYLAND DEPARTMENT OF AGRICULTURE
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#MDKidsEatLocal