



# June Harvest of the Month Morning Announcements

June's Harvest of the Month product is cucumbers! Kansas's warm summer climate makes a great environment to grow cucumbers. Cucumbers are considered a fruit, in the same family as melons and squashes, but credit in Child Nutrition Programs as a vegetable. They are made up of 96% water. The seeds and the peel contain the highest amount of nutrients, offering fiber and antioxidants. Include cucumber as a side dish or in your water for a refreshing treat.