



Cucumbers are made up  
of around 96% water.

## CUCUMBERS

Harvest of the Month

Kansas

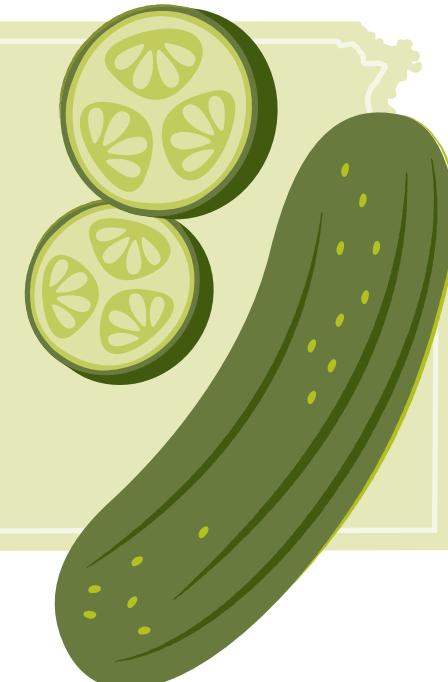


Kansas

Harvest of the Month

## CUCUMBERS

The seeds and the peel  
contain the highest amount  
of nutrients in a cucumber,  
offering fiber and antioxidants.



Kansas

Harvest of the Month

## CUCUMBERS

June

