



Mississippi Farm to School

Mississippi Grown.
Mississippi Good.



Cucumbers are an excellent way to eat healthy!

They're low in calories, fat, and sodium. They are also a good source of fiber, potassium, and vitamins C, K, and B, which give you energy! Cucumbers are known for containing elements that reduce the risk of heart disease and several cancers. Cucumbers help keep the body hydrated as they are 95% water!



Cucumbers are grown in Mississippi on family farms like that of Allen & Janice Eubanks from Lucedale, MS.

Fun Facts

- Pickles are cucumbers that have been soaked in a brining solution made of salt, vinegar, and water.
- Cucumbers belong to the same plant family as melons, squash, and pumpkins.
- Fresh cucumbers have antioxidant and anti-inflammatory properties; place on the skin after sunburn or other skin irritations for quick relief!

CUCUMBERS CAN BE EATEN RAW OR PICKLED!