



Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Cucumbers are an excellent way to eat healthy!

Cucumbers are 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!

Hydroponic Fun Facts

- Hydroponic produce is grown without soil. St Bethany Fresh uses perlite, a growing medium that holds moisture and oxygen for the plant.
- Growing hydroponically allows farmers to better control the growing environment, including the temperature. By controlling the temperature inside the greenhouse, farmers are able to extend the growing season for fresh produce, nearly year-round.
- Some crops grow twice as fast hydroponically, and farmers can plant up to four times more in the same space compared to traditional soil farming.
- Other popular types of hydroponically grown produce include tomatoes and lettuce.

Source: Hydroponic Micro Farms



Hydroponic English cucumbers are grown in Mississippi on family farms like St Bethany Fresh of Pontotoc, MS.

CUCUMBERS CAN BE EATEN RAW OR PICKLED!