



pint size PRODUCE

Cucumbers!

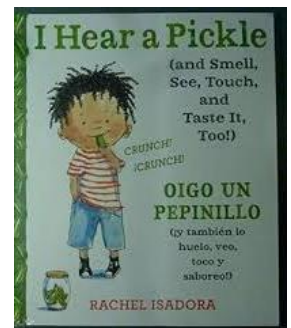
Supplies:

Book:

I Hear a Pickle
(and smell, see, touch,
and taste it, too!)
By Rachel Isadora

Story: I Hear A Pickle

Talk about our senses, and how we use each of them when we eat!

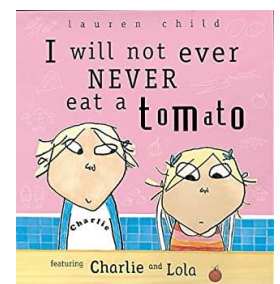


Tasting & Activity:

- Cucumbers
- Vegetable peeler
- Knife
- Jar
- Vinegar
- Dill
- Salt
- Cutting board

Watch a video of the story read aloud here:
<https://www.youtube.com/watch?v=JetHl3q2ldw>

Alternate: “I will Never, Not Ever Eat a Tomato” by Lauren Child. If you prefer, access a video of this story being read aloud here:
<https://www.youtube.com/watch?v=OiHg3bRgSKc>



Coloring Pages:

<http://www.supercoloring.com/coloring-pages/vegetables/cucumbers>

Tasting: Cucumbers

Cucumbers are delicious eaten raw. One fun thing to do with young kids is to make refrigerator pickles! See details for this under the “activity” section.

There are lots of other great ways to try cucumbers too – crunch one raw, dip it, or make a cucumber sandwich with bread and cream cheese – take your pick!



Song:

Do you Eat your Vegetables?

(Tune: "The Muffin Man")

Do you eat your vegetables, vegetables,
vegetables?

Do you eat your vegetables, every single day?

Continue with specific vegetables and names:

Maria eats her cucumbers, cucumbers, cucumbers.

Maria eats her cucumbers, every single day.



Activity: Pickles

This is an easy cooking activity – the youngest eaters can put a cucumber slice into a jar. For toddlers, give them their own jar so cucumber slices that go in mouths are not part of the pickles!

*Refrigerator Pickles **

1. Thinly slice small to medium size cucumbers – pickling “Kirby” cucumbers or seedless cucumbers will work best, but try with what you have!
2. Put slices into a mason jar or other lidded container.
3. Add salt and dill (if using), then add vinegar. Seal with a lid and shake to mix.
4. Place in refrigerator – shake again after a couple of hours.

These can be eaten as soon as 2 hours after making, or will last a couple of weeks in the refrigerator.

More Resources

- Check out our website for links to many other curricula and activities:
<https://www.renewingthecountryside.org/f2ece>

Sources of Information

<https://www.goodreads.com/>

* <https://smittenkitchen.com/2014/07/easiest-fridge-dill-pickles/>





Cucumbers!

Try It!

Cucumbers are great to eat raw. Try dipping them in cottage cheese or hummus, or make cucumber sandwiches with cream cheese and bread.

What is your favorite?

Did you know?

Cucumbers are in season in Minnesota from July to September.¹ They are easy to grow, and fun for kids to pick!

Find local cucumbers at your local grocery store or farmer's market, or use the www.minnesotagrown.com directory to find local cucumbers near you!

Fingerplay²

Cucumbers and broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggies are so great to munch.
Cucumbers and broccoli,
Vegetables are good for me.

Resources

Find many farm to childcare resources on our website:
www.renewingthecountryside.org/f2ece

Some great cucumber recipes and activities can be found here:
<https://growing-minds.org/tag/cucumbers+recipe/>

1. <https://minnesotagrown.com/whats-in-season/>
2. www.iatp.org/documents/farm-childcare-curriculum-package

www.renewingthecountryside.org



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Cucumbers!

Cucumbers are in season in Minnesota from July to September.¹

Try making a cucumber salad – mix chopped cucumbers and Greek yogurt. Leave it in the fridge for a bit, then eat as a dip or with a spoon!²

Ask your child what the cucumber was like! Was it big or little, sweet or salty?

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