

Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground with super-cucumber speed. Speedy Cue shared with all the cucumbers the copper, magnesium, potassium, and manganese he collected in the molten burst. Now all the cucumbers in the world are good sources of these minerals that promote overall good health.

FUR FACTS

- Cucumbers are 95 percent water.
- There are 34 calories in a large cucumber.
- Cucumbers belong to the plant family cucurbitaceae, which includes melons, squash and pumpkins.

HELPING OUT AT HOME!

SPEEDY CUE'S

FAUORITE

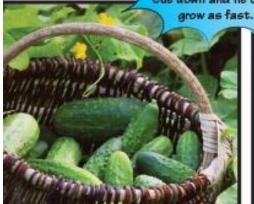
ACTIUITIES

Running and

Playing Outside

Ask your parents if you can help them in the kitchen by cleaning up after dinner or helping them cook a meal. You can even volunteer to wash vegetables, dress the salad and set the table.

ARCH ENEMY Drought. It slows Speedy Cue down and he can't



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SPEEDY

CUE

Cucumber

G: Where do cucumbers go for a date?

Ingredients:

1/2 top. Garlic, raw, minced 1/2 cup Cucumber, peeled,

deseeded, finely chopped 1¼ cup Greek yogurt, 2%

- 1/2 tep. Salt
- 1/4 top. Black pepper, ground
- 1 T. Dill weed, fresh, chopped

Directions:

- 1. Combine all ingredients in a bowl and mix well.
- 2. Portion into 2 ounce serving cups.
- 3. Serving suggestion: serve cold
- with chicken pita sandwiches.
- 4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrilife Extension



MAD LIB! BECOMING PART OF THE SUPER FOOD SQUADI