



Farm Fresh To You



HARVEST OF THE MONTH

Cucumber

Though cucumbers commonly thought to be a vegetable, cucumber is actually a fruit. It's high in beneficial nutrients, as well as certain plant compounds and antioxidants that may help treat and even prevent some conditions.

Also, cucumbers are low in calories and contain a good amount of water and soluble fiber, making them ideal for promoting hydration and aiding in weight loss. This article takes a closer look at some of the top health benefits of eating cucumber.

Hydrating Green Smoothie

INGREDIENTS:

- 1 cup kale, packed
- 1 medium apple, sliced (you can leave the peel)
- 1 cup cucumber, sliced (about 1/2 a medium)
- 1 tablespoon lemon juice
- 1/2 tablespoon ginger
- 3/4 cup water
- 3-4 ice cubes



Instructions:

In a high-speed blender, blend all the ingredients together until smooth.

Notes:

Drink immediately or store in a jar for up to 2 days in the fridge. This smoothie doesn't turn brown when stored in the fridge. The texture will be similar to a thick juice

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