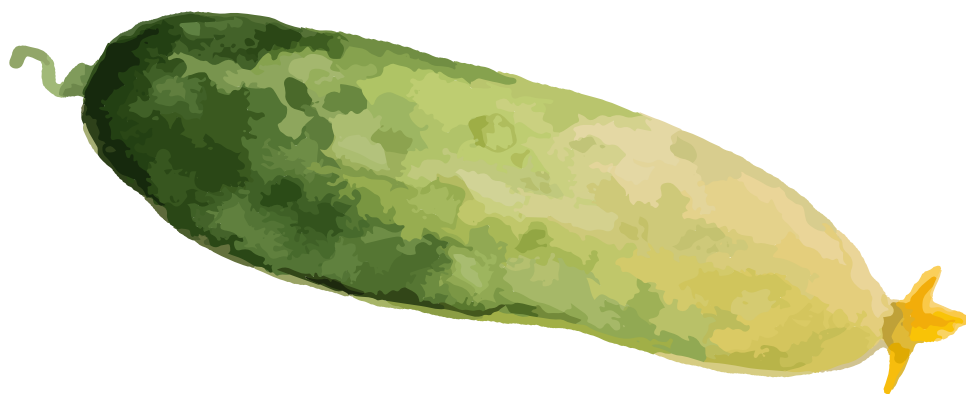


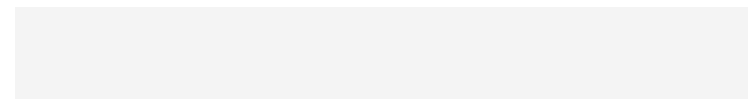


# Cucumbers



Cucumbers are a good source of vitamin K, a vitamin essential for bone health. One cup of cucumber contains 22% of the recommended daily intake of vitamin K.

Today's cucumbers are from:



## Did you know?

Cucumbers belong to the plant family Cucurbitaceae, which includes melons, squash, and pumpkins.