

Subject: August Newsletter

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In August (and year-round), you can find cucumbers in the grocery store. Cucumbers are a light and refreshing summer vegetables that is sweet, crisp and mild in flavor. Choose cucumbers with a dark green color that are heavy for their size. Sometimes, you might be able to get summer, locally grown varieties that are white or yellow too. Cucumbers are high in fiber.

Cucumbers should be stored in the refrigerator in the crisper drawer if you have one.

Eating!

- Sliced plain or with dip
- Added to water
- On salad
- With the center scooped out for tuna or egg salad (cucumber boats)

Check out these recipe links that highlight Cucumbers:

- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-salad>
- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip>
- <https://www.blessthismessplease.com/quick-pickled-cucumbers/>
- <https://snapedny.org/recipes/cucumber-berry-salad/>
- <https://snapedny.org/recipes/simple-mexican-salad/>
- <https://emilykylenutrition.com/tuna-salad-cucumber-boat/>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

Also, this is a fun summer food cookbook: <https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes>

As always, if you have any questions or need support, please reach out to our team!