

SEPTEMBER

2018

GOOD EATS AT

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

I'm **SPEEDY CUE** to the rescue!



SPECIAL ANNOUNCEMENTS

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 8-12
SquareMeals.org/nslw



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

SPEEDY CUE

Cucumber



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.

POW! ARCH ENEMY

Drought. It slows Speedy Cue down and he can't grow as fast.



JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!

SPEEDY CUE'S FAVORITE ACTIVITIES

Running and Playing Outside

FUN 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!

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.



CUCUMBER-YOGURT SAUCE

Ingredients:

- ½ tsp. Garlic, raw, minced
- ½ cup Cucumber, peeled, deseeded, finely chopped
- ¼ cup Greek yogurt, 2%
- ½ tsp. Salt
- ¼ tsp. 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 SQUAD!

Speedy Cue was not always a _____ adjective/noun who spent his time educating kids about eating their vegetables and dodging evil _____. He was once a normal, average _____ noun. He had a _____ adjective life growing up on the farms of East Texas, the Rio Grande Valley and Texas' Winter Garden region.