

Available Now...

Cucumbers

Whether topped on a salad or eaten alone, cucumbers make a healthy snack. They are also one of the oldest cultivated vegetables.

Cucumbers are sodium free, fat free and a good source of Vitamin C.

Look for fresh Colorado cucumbers at your local grocery store, farmers' market or on the menu at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

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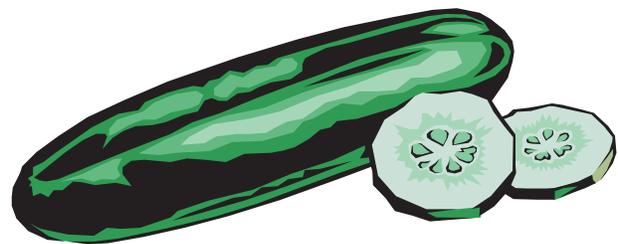
www.coloradoagriculture.com
for a complete list of recipes.

Colorado Cucumber Raita

*Recipe courtesy of Johnson & Wales Culinary School
Denver, Colorado*

- 1 Cucumber, peeled and seeded
- 1 cup Plain yogurt
- $\frac{3}{4}$ tsp. Salt
- 1 tsp. Cumin, ground
- 1 clove Garlic, chopped
- $\frac{1}{2}$ oz. Fresh cilantro, chopped

Finely grate the cucumber. Combine the cucumber with all ingredients and mix well. Serve chilled with a selection of raw vegetables.



Next Month... **National Pork Month**