**Ingredients:**
- 1 English cucumber
- ¼ sweet onion
- ¼ cup rice vinegar
- 1 tablespoon toasted sesame seeds
- 1 tablespoon minced fresh dill
- 1 teaspoon sugar
- Big pinch of salt

**Instructions:**
1. Wash hands and cucumber
2. Thinly slice the cucumber and onion and place in a big bowl
3. Add the rice vinegar, sesame seeds, dill, sugar, and salt to the cucumber mixture and stir
4. Marinate in the refrigerator for at least 1 hour

= kid-friendly step
Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit: www.buddingfarmers.com

Cucumbers are 95% water so they help keep you hydrated on a hot sunny day.

The skin on a cucumber is high in vitamin C.

Vitamin C is great for your immunity and wards off various cancers and heart disease.

If you have a bad sunburn, rub sliced cucumber on your burn--it has anti-inflammatory properties so it will soothe your skin.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers’ markets across Minnesota.

For more information: www.mfma.org

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