**Ingredients:**
- 1 English cucumber
- 1/4 sweet onion
- 1/4 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

**Serves 2-4**
Why Cucumbers?

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.

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