

We are celebrating cucumbers!

Cucumbers are full of water. That makes them good for hydration and digestion. They also taste great as pickles!

That's right! All pickles were once cucumbers.

Try Food Hero's Refrigerator Pickled Cucumbers for a fun, do-it-yourself activity the whole family will enjoy.



Visit [FoodHero](https://www.foodhero.org) to find more healthy, tasty recipes that fit your budget!

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