



Michigan's Cucumber Crunch Annual Summer Celebration

Instructions for Food Distribution Sites

Each summer, Michigan celebrates the bounty of our delicious and nutritious cucumber harvest. This year, we are going virtual with our celebration, and we invite you to join in!

Here are a few tips for participating in the 2020 Michigan's Cucumber Crunch:

1. Choose a day to host a crunch event this summer, possibly a day when cucumbers or pickles are a part of the meal or food box you are distributing. Sites distributing meals can post the Cucumber Crunch Flyer to let people know about participating.
2. Plan ahead with your food site procurement process and find locally grown cucumbers to add to a meal or provide information to families on where to purchase them.
3. Provide education on cucumber nutrition and Michigan agriculture facts using the Cultivate Michigan Sourcing Guide and the Michigan Agriculture Facts and Figures booklet or Michigan's Cucumber Crunch Quiz.
4. Spread the word on social media! Post information about your plans, and ask your families to share photos of themselves crunching on some delicious Michigan cucumbers. Use the hashtags #MICucumberCrunch and #CultivateMichigan!

Resources:

[Farmers market locations](#)

[Cultivate Michigan Sourcing Guide](#)

[Michigan Agriculture Facts and Figures booklet](#)

Questions?

Please contact Lori Yelton, MS, RDM, Nutritionist/Food Management Consultant,
Michigan Department of Agriculture & Rural Development,
at YeltonL@Michigan.gov for more information.

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