



Michigan's

CUCUMBER
QUIZ

**Do you know your Michigan cucumber facts?
Take the Michigan Cucumber Quiz to find out!**

1. TRUE or FALSE: Cucumbers are a great source of water.
2. TRUE or FALSE: Michigan ranks first in the nation for the production of cucumbers for pickling.
3. TRUE or FALSE: Cucumbers are nutritious.
4. TRUE or FALSE: Fresh Michigan-grown cucumbers are available in July, August and September.

How did you do? Answers are available on the back.

Want to learn more? Check out these resources:

[Farmers market locations](#)

[Cultivate Michigan Sourcing Guide](#)

[Michigan Agriculture Facts and Figures booklet](#)

MICHIGAN STATE
UNIVERSITY

Center for
Regional Food Systems



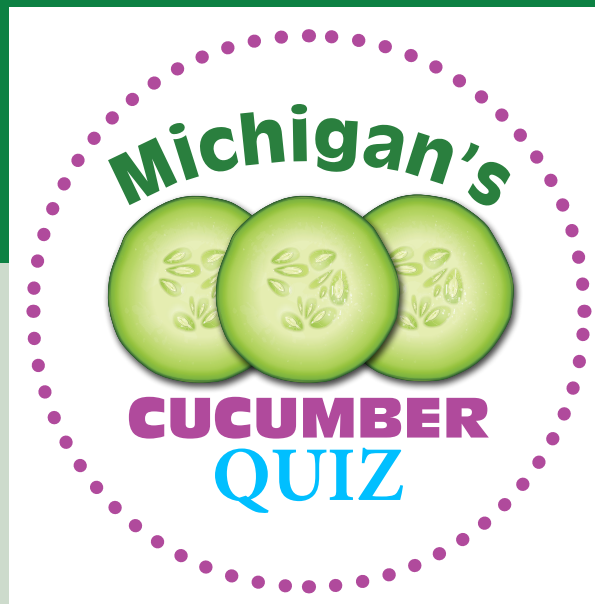
MICHIGAN
Department of
Education



MICHIGAN STATE
UNIVERSITY | Extension

#MICucumberCrunch

#CultivateMichigan



Answer Sheet

1. TRUE or FALSE: Cucumbers are a great source of water.

TRUE! Each cucumber is about 95 percent water (and 100 percent yummy)!

2. TRUE or FALSE: Michigan ranks first in the nation for the production of cucumbers for pickling.

TRUE! (Source: National Agricultural Statistics Service)

3. TRUE or FALSE: Cucumbers are nutritious.

TRUE! Cucumbers are low in calories (about 16 calories per cup of slices). They provide fiber and several nutrients, including potassium, manganese, magnesium, plus vitamins C, K and folate.

4. TRUE or FALSE: Fresh Michigan-grown cucumbers are available in July, August and September.

TRUE! Michigan grows a variety of fresh cucumbers. They are in season during the summer and can be found at farmers markets, roadside stand and grocery stores across the state.

Thanks for playing!