

Featured Vegetable

CUCUMBER

Cucumbers are full of antioxidants, vitamin C, and vitamin K. They are also great for hydration and digestive health!



Grain Salad with Cucumbers

Ingredients	Directions
<ul style="list-style-type: none">● 2 cups farro (barley or quinoa also work!)● 1/3 cup nuts/seeds (optional)● 3 medium cucumbers, peeled and cut into 3/4 inch pieces● 3 medium tomatoes sliced thinly● 1 small red onion, diced● Juice of 1 lemon● 1/3 cup olive oil● 2 Tbsp. red wine vinegar● Salt and pepper to taste● 2 cups torn basil leaves	<ul style="list-style-type: none">● Wash hands, wash all produce● Cook farro in heavy pot over medium heat until golden-brown, ~4 minutes● Remove from heat, pour in cold water to cover grains by 1" and add handful of salt● Bring water to boil, then reduce to simmer until tender, about 25-35 min.● Drain farro and transfer to large bowl● Add remainder of ingredients and combine.