

Greener Partners

Connecting communities through food, farms & education

Guess What I Ate Today?

A cucumber smoothie made with freshly picked cucumbers and mint! I got to find out where fresh fruits and vegetables come from, how they grow, and why it's important to eat lots of them! It's all because Greener Partners brought its Farm Explorer programming to our school. Greener Partners is a non-profit organization that connects people of all ages to healthier eating through their Farm Explorer Truck and Farm Explorer Classroom programming. Greener Partners hopes that by using local produce in their Farm Explorer programming to make delicious and healthy snacks, students will get excited about trying new foods.

Fruit and Vegetable Facts

Fresh cucumbers picked in the early summer are rich in vitamin K and potassium, and help restore our skin and muscles. Cucumbers can be mixed with fresh lemon juice and mint to make a delicious drink that helps our body remove toxins and help us stay hydrated during the summer heat.

Mint Cucumber Lemonade Smoothie

2 medium cucumbers

1 banana

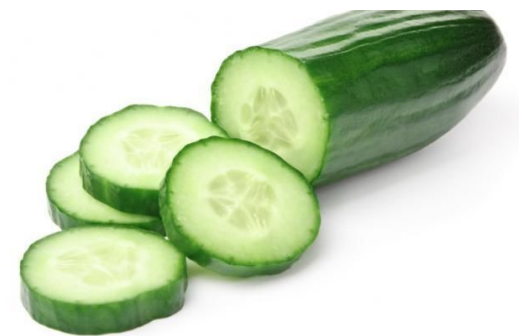
Juice of 1 lemon

1 bunch of mint

optional: a few spinach leaves or 1 small swiss chard leaf

optional: ginger, honey to taste

Fill the rest of the blender with ice and water and blend.



Learn more about Greener Partners by visiting our website at www.greenerpartners.org.