



**HARVEST  
OF THE MONTH | AUGUST**

**CUCUMBERS**

**EXCELLENT  
SOURCE  
OF VITAMIN K**

**COOLING & SOOTHING**

**HARVEST OF THE MONTH**

Through the Harvest of the Month program, an item that grows locally is featured each month in schools, grocery stores, restaurants, and farmers markets. There are so many reasons to eat with the seasons! Visit [whatcomfarmtoschool.org](http://whatcomfarmtoschool.org) and [eatlocalfirst.org](http://eatlocalfirst.org) for recipes, stories, a food atlas, and more.

