



Please search YouTube for “**Chef in the Garden Episode 22**” to find this kit’s video

Recipes provided by Lori Hashimoto of Hana Japanese Eatery

Sunomono (Sweet & Sour)

- 2 cucumbers (smashed)
- 1 carrot (shredded)
- 1/2 tsp salt
- 4 TBSP rice vinegar
- 2 1/2 TBSP sugar
- 1 TBSP water
- Pinch of salt
- 1/2 TBSP sesame seeds



1. Slice cucumbers diagonally, place into a plastic bag and smash. Add 1/2 tsp. of salt to the bag and shake. Let sit for 5 minutes, then drain cucumber juice.
2. Add rice vinegar, sugar, water, and pinch of salt into a bowl and mix.
3. Pour dressing into the bag and add the shredded carrots and shake.
4. Place salad in a bowl, sprinkle with sesame seeds and enjoy!

Mr. Pickle's favorite vegetable is the cucumber!

Sesame Soy Cucumber Salad (Salty)

- 2 cucumbers (smashed)
- 1/2 tsp. sugar
- 1 1/2 TBSP rice vinegar
- 2 tsp. sesame oil
- 2 tsp. soy sauce
- 2 garlic cloves (smashed)
- 2 tsp. sesame seeds



1. Slice cucumbers diagonally, place into a plastic bag and smash. Add 1/2 tsp. of sugar to the bag and shake. Let sit for 5 minutes and drain cucumber juice.
2. Add rice vinegar, sesame oil, soy sauce, and garlic into a bowl and mix.
3. Pour dressing into the bag and add the sesame seeds and shake.
4. Place salad in a bowl and enjoy!

Mindfulness Opportunity: Take a long time to notice nature’s details. This is a time to pause and slow down. You might also get surprised and see a plant’s leaf or flower suddenly move!

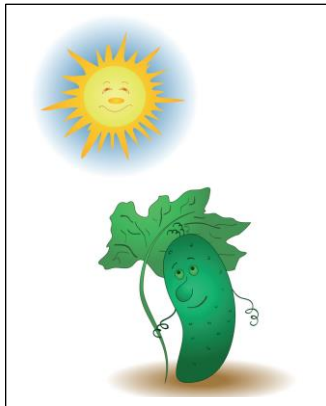
Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject & #chefinthegardenaz
We love to hear from you!

Planting Cucumbers with Master Gardener Mr. Pikle:

1. A cucumber is a climbing plant so pick a planting location where it can climb as it grows. Near a fence, or a trellis, or make something from string or sticks. Get creative!
2. Once you have picked a good location to plant your cucumber, dig a hole in the soil a little larger than the container the cucumber came in.
3. Gently squeeze the sides and the bottom of your plant to release it from the container.
4. While placing your hand on the top of the soil around the plant stem, turn the container upside down. This part will be messy as some of the dirt falls out. That is ok!
5. Gently pull the plastic container away from the soil and turn the plant back upright and into the hole you dug earlier. Be sure that the top of the soil is even or level with the ground. You do not want the soil above the level of the ground, or the stem of the plant will be buried.
6. Water your cucumber daily. The plant will bloom flowers, then cucumbers will form. A pickle is a preserved cucumber, so when it's the size of a pickle it's ready to eat. You are a gardener!



Show us how they grow and tag #chefinthegardenAZ on social media!



Bring on the Heat! (K.E1U1.4)

What are you planning on doing this summer? Probably, going to the pool, eating ice cream, or traveling to a cooler state. We do these things because summers in Arizona are HOT! Weather affects plants and animals in the same way that the weather affects us. For example, some lizards can burrow themselves underground to stay cool. Farmers are also paying close attention to weather patterns to grow crops that like the heat, like the cucumber! The cucumber plant grows best in the heat. Farmers wait until ground soil is 75-85° degrees Fahrenheit before they plant their seeds because they know how much cucumbers love the heat! In fact, if it gets too cold cucumbers will not grow. If cucumbers like the heat, what is the best season for them to grow in? Circle the answer you think is right: Winter, Spring, Summer, or Fall.

Plants Move, Especially Cucumbers! 1.P3U1.3

Seeds move around with help from the wind, water, and animals. Seedlings, or baby plants, grow up into full-grown plants. Their whole life, plants slowly dance around in place. Cucumbers are especially great examples of this because of their active spring-like vines, called *tendrils*, that grab onto nearby objects and curl around them. This is why your cucumber plant needs something it can climb on! To learn more about how exactly these tendrils work, check out this cool video: Search [Unwinding the Cucumber Tendril Mystery](#) on YouTube.

These kits are possible due to generous support from:



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