



Cucumber Water

2 cucumbers

2 quarts water

Mint (optional)

Thinly slice one cucumber. Add cucumber slices to 2 quarts of water. If desired, add a small bunch of mint leaves. Refrigerate 2 to 4 hours to allow the cucumber to infuse. Stir well and strain to discard the cucumber. For serving, add fresh cucumber slices and ice. The infused water will keep refrigerated for up to 2 days.

Cucumber infused water (with or without mint) is a refreshing drink to keep you cool and hydrated all summer long! For a twist, consider adding 1 quart of sparkling water during prep and a second quart just before serving.



Recipe provided by Michigan Farmers Market Association





H o o p h o u s e s f o r H e a l t h

Hoophouses for Health is a program designed to increase access to fresh, local fruit and vegetables for vulnerable families while at the same time expanding the season extension capacity of Michigan farmers.

Hoophouses for Health demonstrations and materials are supported by the Michigan Department of Health and Human Services.

www.hoophousesforhealth.org