

: Cucumbers

Did You Know...?

Cucumbers originated in India over 3,000 years ago and were introduced to America in the mid-16th century.

The cucumber is part of the gourd family and grows on vines.

Most cucumber cultivars require pollination. Honeybees, bumblebees and other bees do the trick!

Cucumbers are typically available from local gardens in July to September.

They are mild in flavor and usually very appealing to children.

Some common varieties include: English, Kirby, Gherkin & Ridged.

An average of 60 million tons of cucumbers are grown worldwide each year.

Cucumbers are made up of 95% water! Snacking on cucumbers can help curb your appetite.

Cucumbers are fat and cholesterol free and are a source of Vitamins B & K, Calcium & Potassium.

“Cool as a cucumber” means, remaining calm under pressure.

Hold a cucumber on the roof of your mouth for 30 seconds to cure bad breath.

No matter how you slice them, cucumbers are good tasting as well as good for you.



Types of cucumbers:



Slicing—often used on veggie trays or in salads. They are elongated and slightly tapered on the ends and can be 4-12” in length.



Pickling—used at all stages of growth. Pick at 1” or up to 5” for large dill pickle. Use only a tested, approved recipe to avoid food poisoning. Recipes can be downloaded and printed at <https://learningstore.uwex.edu/>



Healthy Serving ideas:

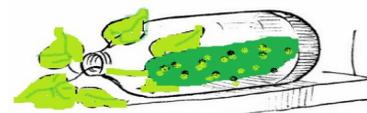
- ◆ Slice or chop into salads or enjoy them in sandwiches for some extra crunch
- ◆ Dip them into hummus, yogurt or a healthy salad dressing
- ◆ Make cucumber water or lemonade—add a few slices to either drink.
- ◆ Make cucumber cups by chopping 1.5” slices & scooping out seeds, place tuna, chicken or egg salad or a dip inside.

Purchasing Pointers:

- ◆ Cucumbers in the grocery store have a covering of edible wax to help protect them from moisture loss.
- ◆ Choose firm cucumbers that have smooth dark skin, not too large. They should be firm over their entire length. Avoid ones with soft spots, blemishes or shriveled ends.
- ◆ A yellow color or large size indicates lower quality.

Care and Storage:

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Scrub firm produce like cucumbers with a vegetable brush to clean.
- ◆ Store in the refrigerator in loose or perforated plastic bags.



Whoa.....how'd they get that cucumber in the bottle??

Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is *Cucumber Lemon Mint Infused Water*

Every month, the AmeriCorps Farm to School program shares a “Harvest of the Month” presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. For more information about this program, contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Funding for this newsletter was provided through a 3M community grant.