

# CUCUMBER

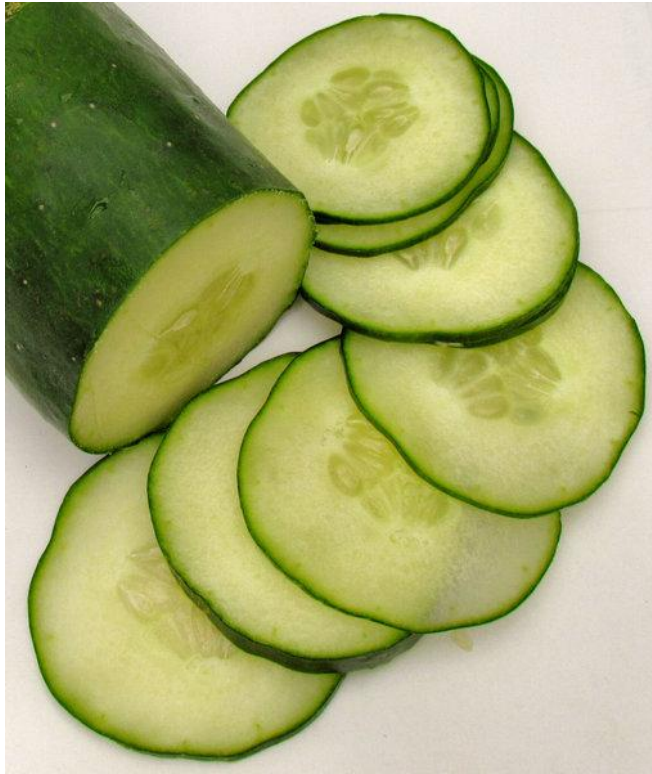
## Nutrition Facts:

The cucumber is a great source of Vitamins K, B<sub>6</sub> and C.

Phytonutrients in the cucumber provide the following benefits:

- Anti-oxidant
- Anti-inflammatory
- Anti-cancer

A low-calorie fruit that provides 16 calories in a 1-cup serving.



## What are they?

Cucumbers are a long, green-skinned fruit that is a member of the gourd family along with pumpkins, squash, and melons.

Cucumbers are very watery and their mild taste comes from

## Fun Facts!

- Cucumbers are 95% water.
- A single vine can produce 25 – 125 cucumbers.
- The cucumbers originated in India and have been grown there for over 3,000 years.
- A cucumber can be 20 degrees cooler on the inside than the outside air temperature.
- Desert travelers use cucumbers as a source of water. The smooth skin keeps the water in a jug-like container.



# How To Prepare CUCUMBERS

## HOW TO:

### STORE:

Refrigerate in the crisper section or a plastic bag. If stored with fruit they will yellow and age faster.

### PREPARE:

Cucumbers are a refreshing food best eaten raw with the skin still on to preserve nutrients.

Cut into slices for a great snack or add to salads. Add diced cucumber to dips, tuna fish or chicken salad recipes.



### How to Select and Store:

1. Look for a cucumber that has bright, even color.
2. Test for firmness. It should be firm to its tips.
3. Smaller cucumbers tend to be crisper with smaller seeds.
4. Avoid cucumbers that are yellow or blemished.
5. Store in the crisper and consume within days of picking.

## Lemony Cucumbers

### Ingredients:

- 2 cucumbers sliced
- ¼ cup white wine vinegar
- 2 tablespoons white sugar
- 2 teaspoons celery seed
- 1/8 teaspoon ground black pepper
- ¾ teaspoon salt
- 2 tablespoons chopped onion
- 1 tablespoon lemon juice

Prep Time: 10 Minutes

Ready In: 4 Hours and 10 Minutes

Servings: 7

1. In a mixing bowl, combine the cucumbers, vinegar, sugar, celery seed, pepper, salt, chopped onion and lemon juice.
2. Toss, cover and chill for 4 hours.

Prepared by Volunteers of Hopelink

References:

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