

# CUCUMBERS



Cucumbers are in the OTHER vegetable subgroup. If you leave the peel on, they are a good source of vitamin K, and have some potassium and vitamin C too. They are really, REALLY low in calories.

Fresh cucumbers add crunchy texture and cool flavor to salads, salsas, and sandwiches. Typically in American cuisine, they are eaten raw although they may also be steamed or sautéed.

## **FUN FACT :**

Cucumbers are 96% water. The skin is the most nutritious part, so leave it on, if you can. Cucumbers can be 20 °F lower in temperature on the inside than the outside air. Cucumber vines can produce 25-125 cucumbers in one season. A cucumber's flavor comes from the seeds.



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Safety:	<p>Wash thoroughly under running water before eating, cutting, or cooking. Scrub with a clean produce brush and dry with a clean cloth or paper towel. If the cucumber has been waxed, gently scrub until wax is removed. Tip: Even if you plan to peel the cucumber before eating, it is still important to wash it first so dirt and bacteria are not transferred from the knife into the cut cucumber.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	For 100, ½ cup servings of unpared, sliced cucumbers purchase 16.2 lbs.
Quality:	<p>When choosing your cucumber you should look for a firm cucumber without soft spots. They should have a solid green color without signs of yellowing or puffiness. Some cucumbers are waxed to preserve moisture. Long slender English cucumbers have a very tender skin and are usually wrapped in plastic to preserve moisture.</p> <p>For school garden raised cucumbers, wrap cucumbers individually in plastic wrap to prevent moisture loss if you need to store them for more than 1 day.</p>
Storage:	Fresh whole cucumbers can be stored under refrigeration for about one week
Preparation:	<p>For maximum nutrition, try to serve cucumber(s) with some of the skin:</p> <ol style="list-style-type: none"><li>1: Rinse and dry the cucumber.</li><li>2: Score the outer peel lengthwise with a fork or citrus zester to reduce toughness.</li><li>3: Trim the ends.</li><li>4: At this point you can slice them into rounds.</li><li>5: To dice them, cut in half length ways. If desired, the seeds can be removed with a teaspoon.</li><li>6. Chop as desired.</li></ol>
Seasonings:	Fresh or dried herbs and spices have bold flavors that enhance the taste of cucumbers. Plain cucumbers are delicious sprinkled with tender fresh herbs like dill, cilantro, or parsley. They blend well in salsas or salads with a variety of flavors, such as chili powder, thyme, garlic, pepper, lemon, onion, or turmeric.

