

Harvest of the Month™



HEALTHY SERVING IDEAS



TOP WITH SOME OIL AND VINEGAR FOR A FRESH SALAD



USE IN SMOOTHIES AND JUICE RECIPES



ADD SLICES TO WATER FOR SOME ADDED FLAVOR AND NUTRIENTS

FUN FACTS

CUCUMBERS ARE MADE UP OF 95% WATER, THEY ARE A GREAT WAY TO STAY HYDRATED AND FULL WHILE SNACKING!

SPRING - CUCUMBER



CUCUMBERS ARE AN AMAZINGLY HEALTHY LOCAL VEGETABLE! THEY ARE PRIMARILY MADE OF WATER AND ARE A GREAT SOURCE OF HYDRATION, AS WELL AS A HOST OF NUTRIENTS LIKE POTASSIUM, AND VITAMINS K AND C.

FOOD WASTE PREVENTION

- BEFORE STORING WHOLE CUCUMBERS IN THE FRIDGE, RINSE THEM WITH COLD WATER THEN DRY THEM
- WRAP THE CUCUMBERS IN A PAPER TOWEL OR TEA TOWEL TO ABSORB ANY EXCESS MOISTURE
- PLACE THE WRAPPED CUCUMBERS IN A PLASTIC BAG SEALED HALFWAY
- CUCUMBERS STORE BEST IN 50 DEGREES FAHRENHEIT
- KEEP CUCUMBERS AWAY FROM OTHER PRODUCE THAT COULD SPEED UP THE DECAY PROCESS LIKE APPLES OR BANANAS



CUCUMBER VARIETIES



PICKLING

SHORT, THICK, AND THINNER SKIN. CAN BE USED RAW, BUT MOST OFTEN PICKLED

PERSIAN

SMALL, MINI CUCUMBER. SIMILAR TO ENGLISH IN TASTE. USUALLY SWEET NOT BITTER



GARDEN

WAXY COATING ON SKIN, SOME BUMPS ON OUTSIDE. OFTEN BITTER

ENGLISH

LONG WITH SLIGHTLY RUGGED SKIN. NOT BITTER AND FEW SEEDS. BRIGHTER GREEN INTERIOR



LEMON

ROUND, SMALL, AND YELLOW! RARELY BITTER, LOTS OF SEEDS, A HINT OF LEMON

FUN FACTS

THE SAYING "COOL AS A CUCUMBER" CAME FROM THE CUCUMBER'S ABILITY TO COOL THE TEMPERATURE OF THE BLOOD. ALSO, WHEN APPLIED TOPICALLY, CUCUMBER CAN EASE BURNS AND SWELLING, WHICH IS WHY THEY ARE OFTEN USED IN FACIALS AND SPA TREATMENTS.



QUICK PICKLES

MATERIALS

- 2-3 CUCUMBERS, QUARTERED AND SLICED THICKLY
- 1/2 SWEET ONION, SLICED
- 1/3 CUP VINEGAR (ANY KIND)
- 1 CUP WATER
- 1 TBSP SUGAR
- 2 TSP SALT
- MASON JAR WITH LID
- OPTIONAL: ADDITIONAL HERBS AND SPICES (DILL, PEPPERCORNS, OREGANO, ETC.)



INSTRUCTIONS

1. FILL YOUR JAR WITH SLICED CUCUMBERS AND ONIONS
 - A. FEEL FREE TO ADD ADDITIONAL HERBS OR SEASONING AT THIS STEP
2. COMBINE THE WATER, VINEGAR, SUGAR, AND SALT IN A MEASURING CUP AND WHISK UNTIL SUGAR IS DISSOLVED
3. POUR THE LIQUID OVER THE CUCUMBERS AND ONIONS
4. SCREW ON THE CAP AND SHAKE
5. STORE IN THE FRIDGE FOR AT LEAST AN HOUR OR OVERNIGHT
6. ENJOY YOUR QUICK PICKLES!

ACTIVITY FROM: [HTTPS://FOODLETS.COM/2019/06/20/KIDS-FAVORITE-EASY-PICKLE-RECIPE-REFRIGERATOR-PICKLES/](https://FOODLETS.COM/2019/06/20/KIDS-FAVORITE-EASY-PICKLE-RECIPE-REFRIGERATOR-PICKLES/)

JAPANESE CUCUMBER SALAD RECIPE

INGREDIENTS

- 3 MINI CUCUMBERS, SLICED (ABOUT 3 CUPS)
- 2 TBSP SOY SAUCE
- 2 TBSP RICE VINEGAR
- 1 TSP SESAME OIL
- 1 TSP BROWN SUGAR
- 1 CLOVE MINCED GARLIC
- 1/4 TSP CRUSHED RED PEPPER FLAKES
- SESAME SEEDS

INSTRUCTIONS

1. COMBINE SOY SAUCE, RICE VINEGAR, SUGAR, GARLIC, AND PEPPER FLAKES IN A SMALL BOWL. WHISK TO COMBINE
2. POUR DRESSING OVER THE SLICED CUCUMBERS AND TOSS TO COMBINE.
3. GARNISH WITH SESAME SEEDS

RECIPE FROM: [HTTPS://CHEFSAVVY.COM/JAPANESE-CUCUMBER-SALAD/#WPRM-RECIPE-CONTAINER-37920](https://CHEFSAVVY.COM/JAPANESE-CUCUMBER-SALAD/#WPRM-RECIPE-CONTAINER-37920)