

from: <https://www.livescience.com/51000-cucumber-nutrition.html>



Summer Nutrition Club Produce of the Week

Cucumbers

Cucumber Ham Sandwiches

Serving size: 2 sandwiches. Makes 6 servings.

Ingredients:

- 1 large cucumber
- One 7-ounce package sliced deli meat ham
- One 8-ounce package of plain or flavored cream cheese OR
- One 8-ounce package of your favorite cheese (block or sliced)

Instructions:

1. Wash cucumber, peel (if desired), and cut into slices about 1/4 inch thick.
2. Cut ham slices in half.
3. If using cream cheese, spread about 1/2 tablespoon of cream cheese on each half-slice of ham, and roll up.
4. If using cheese, cut into squares and layer with ham. Fold ham slices as needed to fit on the cucumber slices.
5. Place ham and cheese between two cucumber slices. If desired, hold sandwich together with a toothpick or pretzel stick.
6. If not serving immediately, place sandwiches in a container lined with paper towels and store in the fridge.



from: <https://lilluna.com/diy-print-and-color-calendars/>

Fun Facts about Cucumbers

- Cucumbers are about **95% water**, so they will help to keep you hydrated during the summer!
- Cucumbers grow from the **flower** of the plant.
- Pickles are made from small cucumbers, called **pickling** cucumbers! You can buy or grow them and make your own pickles!



from: <https://www.pinchmeimeating.com/refrigerator-dill-pickles/>

How do I store cucumbers?

Wash them, dry them, and store them in a cool (but not too cold) space, like the crisper drawer in your fridge for 4-6 days.

How do I eat them?

Slice them up to eat with ranch dip or hummus, enjoy them on a salad or sandwich, or pickle them.

What's so great about them?

There are only 16 calories in a cup of cucumbers! They also are a good source of vitamin K, which helps to support healthy bones and blood!