

# Cucumbers



## What's so great about them?

- Cucumbers are full of **water**, which can help prevent dehydration. Add some cucumber and mint to water for a tasty drink!
- Cucumbers are high in **fiber**. Eating the peel of fruits and veggies like cucumbers can boost your fiber intake.
- Cucumbers are low in **calories**. One cup only has about 16 calories!
- Cucumbers can be found **year-round** in grocery stores and food pantries. However, their peak season is May-August.

## Cucumber Tomato Salad

*Makes 1-2 servings*

### Ingredients:

- 1 medium cucumber, diced
- 1 large tomato, diced or 1 pint of cherry tomatoes, halved
- 1/2 red onion, diced
- 2 tablespoon olive oil

### Directions:

- Combine cucumber, tomatoes, and onion in a bowl.
- Pour olive oil on top.
- Optional: add black pepper and vinegar to taste.
- Mix together until veggies are evenly coated.
- Enjoy!



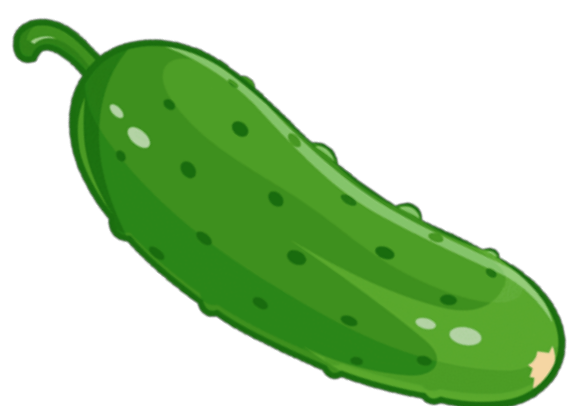
# Cucumber Tips & Tricks

## Food Safety

- Always keep fresh produce away from raw meat to prevent cross-contamination.
- Discard cucumbers if they become wrinkly or slimy.

## Preparation

- Some cucumbers have an edible **wax** coating that protects them during transport. It is recommended to peel these types of cucumbers before eating them.
- **Un-waxed** cucumbers can be found at local farmers markets. You might also see them at the grocery store or food pantry wrapped in plastic, which protects their thinner peel.
- If you prefer to **peel** un-waxed cucumbers, add the peelings to a stir-fry or soup to prevent food waste.
- Slice and eat raw cucumbers with dip or add them to sandwiches, wraps, and salads.



GLEANNERS

## Storage

- Cucumbers will stay fresh in the refrigerator up to 10 days.
- Do not wash cucumbers until right before cooking or eating.

## Refrigerator Pickles



### Ingredients:

- 1 pint size jar with a lid
- 1-2 pickling cucumbers, cut into spears or coins
- 2 sprigs fresh dill
- 3-5 tablespoons vinegar
- 1 cup water
- 1 1/2 tbsp salt
- Optional: garlic cloves, peppercorns, or red pepper flakes*

### Instructions:

- Place cucumbers and dill in jar.
- In a saucepan, mix vinegar, water, and salt. Simmer until salt dissolves.
- Allow vinegar mixture to cool for a few minutes, then add to jar. Add any additional ingredients (see above).
- Close lid tightly, and place jar in fridge for 2 days before enjoying.
- Store pickles in fridge for up to 1 month.