

# Cucumber

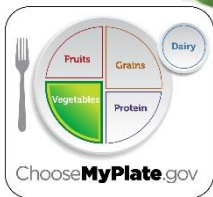


Cucumbers are in the Cucurbit family, the same as pumpkins, melons and squash. Cucumbers that are cured in a brine or vinegar solution are pickles!

## USES AND TIPS

Select cucumbers that are firm with dark green skin. Avoid those with soft spots. Refrigerate cucumbers in a plastic bag for up to 1 week.

Sliced cucumbers are a healthy, refreshing snack alone or dipped into in a low-fat dip or hummus. Try adding sliced or diced cucumber to tossed salads and pasta salads. Use sliced cucumbers on sandwiches and wraps for added flavor, nutrition and crunch!



## NUTRITION NOTES

- A ½ cup serving of sliced cucumbers contains 8 calories and no fat.
- Vary your veggies to get different nutrients. Cucumbers are in the Other Vegetables Subgroup.
- Cucumbers are a good source of **vitamin C** (*promotes healing*), **vitamin K** (*helps the blood to clot*), and **potassium** (*needed for muscle contracting*).

## SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

**Cucumbers are 96% water.**

Cucumbers originated in India and have been grown for over 3,000 years.

The phrase “cool as a cucumber” is not just a funny saying. Cucumbers can be 20 degrees cooler on the inside versus the external temperature.

Cucumbers are categorized in two types, slicing and pickling.

Florida is the largest producer of cucumbers in the United States.

A popular type of cucumber, the English cucumber, has a thin skin, milder flavor, and is nearly seedless.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Cucumbers are in season in Georgia from May through November.
- In 2016, Georgia ranked 3<sup>rd</sup> in the nation for production of cucumbers.
- Cucumbers are ready to harvest about 50-65 days after planting.
- Cucumbers are a tender, warm season crop and do not tolerate frost.
- In 2016, the top Georgia counties producing cucumbers were Brooks, Dodge and Colquitt counties.



Georgia Department of Education School Nutrition Program

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