



# Kitchen Tips for Cucumbers

MO Grown Produce

<b>In Season in Missouri:</b>	July - October
<b>Quality:</b>	Choose firm, green and slender cucumbers. Avoid cucumbers that have soft spots or wrinkled skin.
<b>Storage:</b>	Store fresh whole cucumbers in refrigerator up to 1 week.
<b>Food Safety:</b>	Wash thoroughly under running water before use, even if you plan on removing the skin.
<b>Yield:</b>	For 50, ¼ cup servings, you need 5 pounds of whole cucumbers.
<b>Preparation Tips:</b>	Slice, chop or grate cucumbers to add to salads or sandwiches. Keep the skin on to boost nutrient value of the meal.
<b>Kid-Friendly Serving Ideas:</b>	<ul style="list-style-type: none"> <li>• Add sliced cucumbers to sandwiches or salads.</li> <li>• Add chopped cucumbers to Greek yogurt to make a dip for carrots or crackers.</li> <li>• Have the kids assist in making “homemade pickles.”</li> <li>• Top cucumber rounds with hummus or tuna salad.</li> </ul>
<b>Nutrition:</b>	Cucumbers are about 96% water, making them extremely low in calories. The peel is the most nutritious part and is a good source of vitamin K and contains potassium and vitamin C, too!

## Fun Fact # 1:

Have you ever heard the phrase “cool as a cucumber?”

Cucumbers can be 20° F lower in temperature on the inside than the outside air.

## Fun Fact #2:

One cucumber vine can produce 25-125 cucumbers in one season.

