

Cucumber

Cucumbers originated in India thousands of years ago. Cucumbers come in several varieties which can be used for different purposes. Some varieties are usually pickled while others are eaten raw.



Why Should I Eat This?

Cucumbers contain water to help keep you hydrated. Cucumbers also have fiber, which helps maintain bowel function. Potassium is a mineral found in cucumbers which helps regulate fluid balance and muscle contractions. Vitamin C is in cucumbers, which helps heal cuts and wounds.

Proper Storage

Store unwashed cucumbers in a plastic bag in the refrigerator for up to one week.

Make a Good Selection

Choose firm cucumbers with a dark green color. Avoid if there is a bulge in the middle of the cucumber or if there are soft spots.

How Could I Use This?

- Add to a sandwich or wholewheat wrap
- Try cucumbers on a salad
- Use cucumbers in a gazpacho
- Add cucumbers to a coleslaw
- Make your own tzatziki dip
- Add to a quinoa, brown rice or whole grain pasta salad
- Cut into slices or sticks and dip into hummus

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST							✓	✓	✓			
MARKET							✓	✓	✓			



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