



Cucumbers



Did you Know?

- Cucumbers are actually a fruit since they contain seeds and they grow from the flower of the plant.
- Cucumbers come in a few different varieties, such as English, Persian, Kirby and pickling (which are usually simply smaller Persian and Kirby).
- English cucumbers, which can be referred to as "seedless", contain very small seeds that do not need to be removed. While Persian cucumbers typically contain larger seeds that are soft and edible. However, over time as the cucumber develops, the seeds become bitter.

Nutrition

At **only 15 calories** per 1 cup sliced, cucumbers pack a lot of water since they are about 95% water. Cucumbers are also a good source of:

- **Vitamin C-** Vitamin C plays a role in the healing of wounds, along with the health of teeth and gums.
- **Vitamin K-** Vitamin K assists with blood clotting and the healing of wounds. Vitamin K also works together with calcium in supporting bone health.
- **Potassium-** Potassium can help t lower blood pressure.

Storage & Use

- When selecting, look for dark green color and firmness without any pitting.
- Cucumbers should be refrigerated. If uncut, they can be stored for about 7-10 days and if cut up to about 5 days in a sealed bag or container.
- Store bought Persian cucumbers are typically waxed, which can be washed by using a vegetable scrubber and cool running water OR the skin can be peeled OR selecting a cucumber with thinner skin, such as a smaller one OR selecting an English cucumber since it's typically wrapped in plastic and unwaxed.
- Cucumbers can make for a nice refreshing summer snack with hummus, avocado, or a homemade nutritious dip, such as yogurt based.
- Add cucumbers to salads, sandwiches, wraps, salsa, smoothies, and water.
- Consider stir-frying cucumbers OR spiralizing to use in place of pasta.
- Cucumbers pair well with dill, lemon, and seafood.



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References:

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