



# Cucumber

## What is it?

The cucumber is from the gourd family. There are three types: slicing, pickling, and burpless. Cucumber has a high water content which helps the eater stay hydrated. The cucumber is a good source of potassium while the peel contains dietary fiber.

.....

## Storage Tips

Store in the crisper drawer of the fridge for up to one week. Peeled or sliced cucumbers do not last long in the fridge so best to prepare cucumbers just before eating. We do not recommend freezing cucumbers, however, you may want to try preserving them as pickles to make the last longer.

.....

## Usage Tips

Cucumbers are most often eaten raw with hummus or dip, served in salads, or pickled. Pickling can be a time consuming process, but you can try a simple refrigerator pickle recipe to give start.. Did you know that cucumbers can also be eaten cooked. See the recipe in the booklet for something new to try this week. Let us know what you think!

A Vegetable E-booklet



# RECIPES

## Baked Cucumbers- originally from Julia Child's Mastering the Art of French Cooking

### INGREDIENTS

- 6 cucumbers about 8 inches long
- 2 tablespoons wine vinegar
- 1 1/2 teaspoons salt
- 1/8 teaspoon sugar
- 3 Tablespoons melted butter
- 1/2 tsp dill or basil
- 3 to 4 Tablespoons minced green onions
- 1/8 tsp pepper

Adapted from [www.kcrw.com](http://www.kcrw.com)

### INSTRUCTIONS

1. Peel cucumbers. Cut in half lengthwise and scoop out seeds with a spoon. Cut into lengthwise strips about 3/8 inchwide. Cut strips into 2 inch pieces.
2. Toss cucumbers in a large bowl with vinegar, salt, and sugar. Let stand for at least 30 min or for several hours. Drain. Pat dry in a towel.
3. Preheat oven to 375 degrees.
4. In a baking dish, toss the cucumbers with butter, herbs, onions, and pepper. Set uncovered in middle level of oven for about 1 hour, tossing 2 or 3 times, until cucumbers are tender but still have a suggestion of crispness and texture. They will barely color during the cooking.

## Minty Cucumber and Watermelon Salad

### INGREDIENTS

- 8 cups cubed seedless watermelon
- 2 English cucumbers halved lengthwise and sliced
- 6 green onions chopped
- 1/4 cup minced fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 tsp salt
- 1/2 tsp Pepper

### INSTRUCTIONS

1. In a large bowl, combine watermelon, cucumbers, green onions and mint. In a small bowl, whisk remaining ingredients.
2. Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving.

Adapted from [www.sharedlegacyfarms.com](http://www.sharedlegacyfarms.com)