





Cucumber

Benefits of cucumber:

-  Low in calories
-  High in vitamin K
-  High in fiber

When are they in season?

-  Harvested during mid-July through mid-October in Wisconsin.

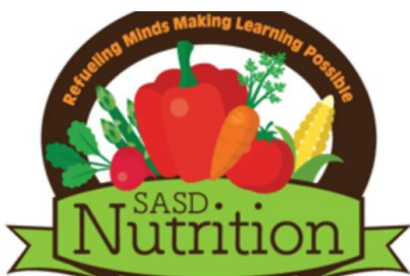
Food Safety for cucumber

Check for existing mold.

Store cucumber in the refrigerator.

Separate cucumber from meat. Use different cutting boards for meats and fruits.

Did you know... Most of cucumbers flavor comes from their seeds.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Lew, A. (2020, August 29). Light & Flavorful Thai Cucumber Salad Makes a Great Side Dish or Snack! Retrieved January 13, 2021, from <https://www.mommalew.com/thai-cucumber-salad/>

Pictures: Creative Commons

Thai cucumber salad:

Serves 3 cups.

Ingredients




- 1/2 cup rice vinegar
- 2 tablespoon sugar
- 1/2 teaspoon sesame oil
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 2 large cucumbers (peeled & sliced)
- 3 green onions (diced)
- 1/4 cup chopped peanuts

Directions

1. Peel and slice cucumber longwise. Scoop out the seeds and then slice the cucumbers.
2. Place cucumber in a bowl.
3. Make the dressing in a small bowl: mix sesame oil, vinegar, sugar, red pepper flakes, and salt.
4. Pour dressing over the cucumbers.
5. Garnish with sliced green onions and peanuts.
6. Serve.



Other Ideas:

-  Cucumber water
-  Pickled cucumbers
-  Cucumber sandwiches