

Cucumbers



Cucumbers come in many varieties. They grow on vines and most commonly are long and green but can be yellow, white and orange. Cucumbers are very hydrating due to their high water content.

Used in:

Snacks, salads, or pickles

What do they taste like?

Refreshing, slightly sweet and crunchy. Small to medium sized cucumbers will have more flavor and smaller seeds.

How do I store them?

Store in a plastic bag towards the front of the refrigerator for 5-7 days. Cucumbers are great for quick pickling and can be stored in the refrigerator for up to 3 months.

How do I prepare them?

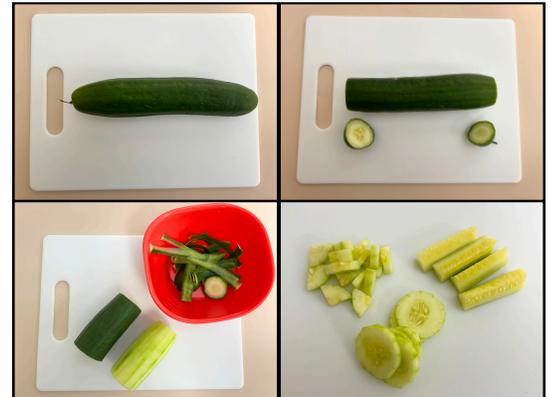
1. Wash and scrub thoroughly to remove any dirt. Use a veggie brush if you have one.
2. Cut off ends.
3. Peel the skin using a knife or vegetable peeler, or leave skin on if preferred.
4. Slice or chop as desired.

How do I cook them?

Yes, you can cook cucumbers!

On the stove: Sautee: peel and cut cucumber into chunks. Melt some butter over medium heat and add cucumber and salt to taste. Stir occasionally cooking until tender, about 5 minutes.

Seasoning ideas: Savory: mint, garlic, dill, onion, cayenne, chili, turmeric, lemon, basil, ginger, or toasted sesame.



For recipes and tips to save time, save money, and eat healthy, visit:
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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Cucumbers from SNAP-Ed NY:



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