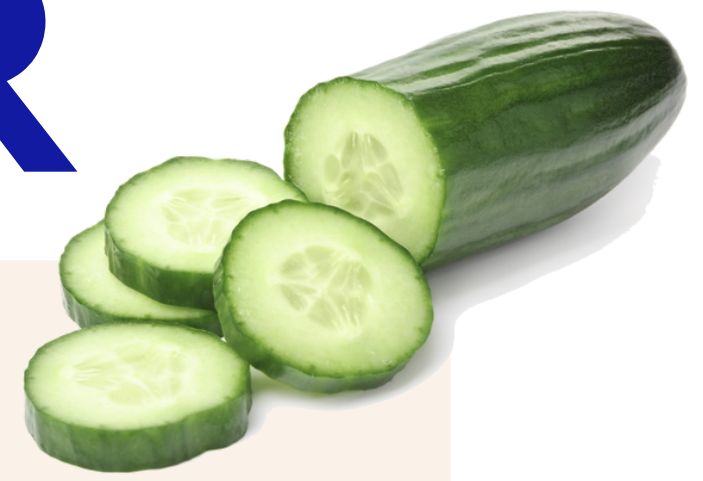




CUCUMBER



Cucumber is a vine-growing fruit in the Cucurbitaceae gourd family which includes squash, pumpkin, and melons.

NUTRITIONAL INFORMATION

- Cucumbers contain many vitamins and minerals including vitamin C, vitamin K, magnesium, potassium, and manganese.
- Cucumbers are 96% water! Eating cucumbers will aid in hydration.
- When eaten with the peel, cucumbers contain 2 grams of fiber per serving.

HOW TO STORE

- It is best to keep your cucumbers dry. This will allow the fruit to maintain the longest shelf life.
- Keep your cucumbers inside of a plastic bag in the refrigerator, preferably in the vegetable drawer.

HOW TO PREPARE

- Always wash your cucumber before preparing.
- Cut the end stems off with a knife before eating.
- Cucumbers can be eaten with the skin or without.
- Cucumbers are most commonly eaten raw on salad, served with dip, or made into pickles.

FUN FACTS

- Cucumbers contain phytochemicals that kill bad breath bacteria! Hold a slice of fresh cucumber to the roof of your mouth for a quick bad breath fix.
- Cucumbers were originally grown in ancient India.



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