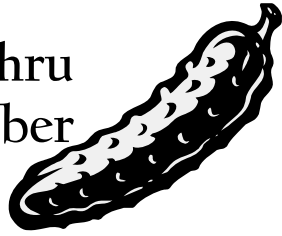


Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-

May thru
September



CUCUMBERS

Cucumbers are a great refreshing summer treat. Cucumbers are usually mild in flavor and very appealing to children. Cucumbers come in three basic types: salad cucumbers, pickling cucumbers, and novelty cucumbers.

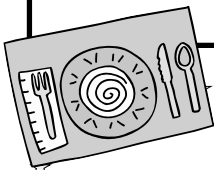
Nutrition Benefits

Cucumbers are:

- ◆ Low in calories
- ◆ No fat, cholesterol, or sodium
- ◆ Good Source of Vitamin K

Serving Tips

- ◆ Slice and enjoy raw.
- ◆ Slice and toss with your favorite low-fat vinaigrette.
- ◆ Add to salads.
- ◆ Use cucumbers to add crispness to sandwiches.
- ◆ Cook sliced cucumbers with your favorite herbs.



Family Meal Ideas

Did you know children are more excited about eating when they have helped plan and prepare meals? Get your children involve!

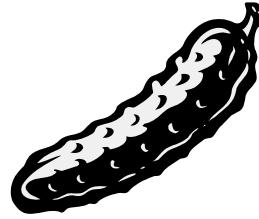
Children can:

- Wash fruits and vegetables.
- Wipe table tops.
- Carry unbreakable dishes to the table.
- Help set the table.
- Tear lettuce for salads and sandwiches.
- Mix or stir foods.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

CUCUMBERS



Locally Grown Varieties

Sweet Success, Sweet Alpine, Burpless Tasty Green, Japanese, Armenian, Regal Pickling, Conquest Pickle, and Lemon

Shopping Tips

- ✓ Choose cucumbers with good green color.
- ✓ Cucumbers should be firm over their entire length.
- ✓ Cucumbers should be well developed, but not too large.
- ✓ Avoid cucumbers with withered or shriveled ends.



Handling and Storage

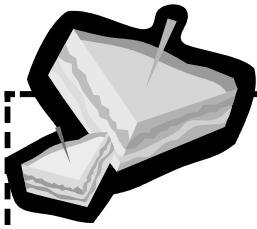
- ◆ Store cucumbers in the refrigerator in a plastic bag.
- ◆ Refrigerate quickly after purchase.
- ◆ Cucumber will keep for about 1 week.

Preparation

- ◆ **Fresh:** Slicers or salad cucumbers are best eaten raw. Cucumbers can be eaten peeled or unpeeled. Be sure to wash unpeeled cucumber well.
- ◆ **Cooking:** Cucumbers (except for the lemon cucumbers) can be cooked until just crisp-tender and flavored with a little olive oil and herbs such as, dill, chives or parsley.
- ◆ **Pickling:** Cucumbers are best known for pickling. They can be done by the quick pickle method where the vegetable is put directly in a jar with brine and processed in a water bath. OR Cucumbers can be fermented in salt brine for more flavorful pickles. When pickling, it is important to follow proper processing and food safety techniques.
- ◆ **Canning and Freezing:** Cucumbers are not recommended for canning, freezing or dehydrating.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

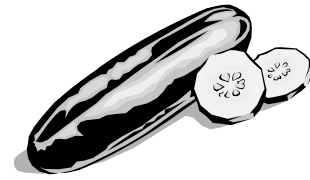


CUCUMBER AND CHEESE SANDWICHES

(1 SERVING)

INGREDIENTS:

- 2 slices whole wheat bread
- 2 teaspoons low-fat mayonnaise
- 1/2 cup cucumbers, peeled and sliced thinly
- 1 oz. sliced cheddar cheese
- Salt and pepper, to taste



DIRECTIONS:

- 1. On one slice of bread, spread mayonnaise evenly.
- 2. Lay cucumbers and cheese slices evenly on bread. Salt and pepper to taste.
- 3. Lay second piece of bread on top to make a sandwich.
- 4. Serve immediately.

MARINATED VEGETABLE SALAD

(4 SERVINGS)

INGREDIENTS:

- 3 tablespoons rice wine vinegar
- 1/2 cup sugar
- 2 medium cucumbers, peeled, diced and seeded
- 1 red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- Salt and pepper, to taste

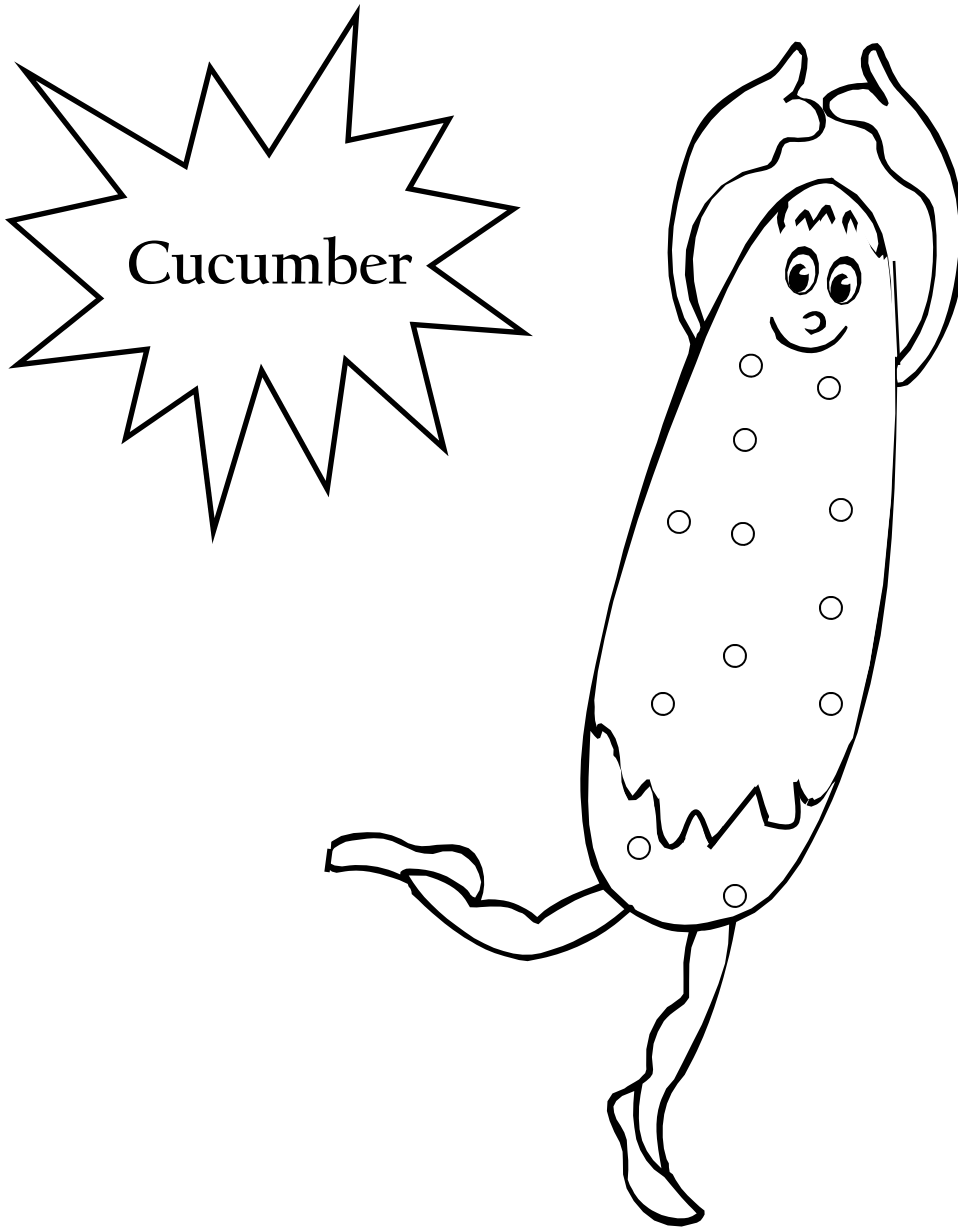


DIRECTIONS:

- 1. Heat rice wine vinegar and sugar in a saucepan until sugar dissolves. Set aside
- 2. Combine cucumbers, peppers, carrots in a large bowl.
- 3. Pour vinegar mixture over the vegetables and toss. Add salt and pepper to taste.
- 4. Refrigerate for 2-3 hours. Serve.

Reasons for the Seasons

Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs
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