



SIMPLY GOOD FOOD

Cucumbers

- Season:** All Year
- Look for:** Firm, well shaped green cucumbers. Overmature cucumbers, generally seedy, are dull or yellow and have an overgrown, puffy look. Smaller varieties such as Kirby are preferred for pickling. Long, slender seedless cucumbers are preferred for salad.
- Storage:** Refrigerate; use within 1 week.
- To prepare:** Rinse with running cold water. Trim the ends and cut the cucumber into any shape you like. If the skin is tender, it is not necessary to peel cucumbers. Slice, chop, or cut them into long wedges.

The Facts

- Cucumbers are about 90% water.
- Cucumbers are divided into three classes:
The slicing or table cucumber, the pickling varieties, and the green house varieties.
- Raw cucumbers are a good source of Vitamin A.
- A medium cucumber (10-12 ounces) contains about 45 calories.

Source: The New Good Housekeeping Cookbook
A Produce Reference Guide

Cucumber Salad

4 cucumbers (peeled & sliced)

1 medium onion (sliced)

Mix:

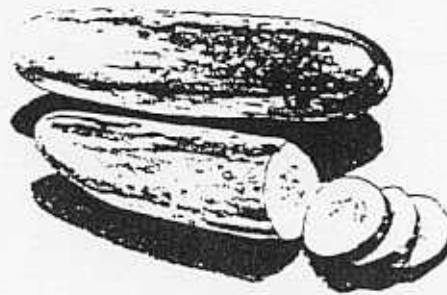
1 ½ cups Miracle Whip

½ cup vinegar

½ cup sugar

Salt & pepper, to taste

Cover cucumbers and onions with Miracle Whip mixture. Let sit overnight in covered plastic bowl in refrigerator before eating.



Cucumber Salsa

1 small cucumber, peeled, seeded, finely diced

1 plum tomato, finely diced

1 green onion, chopped

1 tablespoon each: minced cilantro, sour cream

1 ½ teaspoons fresh lime juice

1/4 teaspoon each: minced garlic minced jalapeno, salt

1/8 teaspoon each: ground cumin, white pepper

Mix all ingredients in a small bowl. Taste and adjust seasonings.

Supporting State Extension Goal: Health, Safety and Well Being

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