

# Featured Vegetable

## ***CUCUMBER***

Cucumbers are full of antioxidants, vitamin C, and vitamin K. They are also great for hydration and digestive health!



### Quick Pickles

Ingredients (per jar)	Directions
<ul style="list-style-type: none"><li>● 2 medium cucumbers, sliced thinly into circles</li><li>● 1 Tbsp. sea salt</li><li>● 1 cup apple cider vinegar (estimate: use equal parts water and vinegar)</li><li>● 1 cup water (estimate)</li><li>● Small bunch of fresh dill leaves</li><li>● 1 clove garlic, peeled</li><li>● A few black peppercorns</li><li>● Optional spices: celery seed, mustard seed, crushed red pepper</li><li>● Jar for storage</li></ul>	<ul style="list-style-type: none"><li>● Wash hands and cucumbers</li><li>● Heat the brine (salt, water, vinegar) to boiling</li><li>● Place cucumber slices in the jar with herbs and spices</li><li>● Pour hot brine over cucumber mixture</li><li>● Place lid on jar and store in the refrigerator to cool</li><li>● Enjoy up to two weeks (Keep refrigerated)</li></ul>