

CUCUMBERS

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Cooking Tips

- Although cucumbers are often eaten raw, they can be baked in the oven, boiled, or sautéed on the stovetop.
- Removing the seeds from cucumbers is not necessary but some people prefer to and some recipes ask that you do. To de-seed: slice the cucumber in half lengthwise and run a spoon down the center of the cucumber, scooping out the seeds.
- It is not necessary to peel cucumbers; in fact the skin is a good source of dietary fiber. However, if you choose not to peel, make sure to wash the cucumber before use.

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Storage Tips

1. Clean | Remove any packaging cucumbers were purchased in. Rinse well. If there are any mushy or moldy spots, cut them off and eat cucumber that day. If cucumbers are clean and fresh, they're ready to store.
2. Keep Dry | Make sure cucumbers are completely dry before storing them. Once dry, wrap cucumbers in a clean dish towel or paper towel to prevent sogginess or mold. The same technique works perfectly well for leafy greens, herbs and other sensitive vegetables.
3. Store Inside A Bag | Place dry, wrapped cucumbers inside a plastic bag. Keep plastic bag open at the top to promote airflow and lessen condensation which causes sogginess and deterioration.

Source: *Epicurious*

Kid Friendly Eating Tips

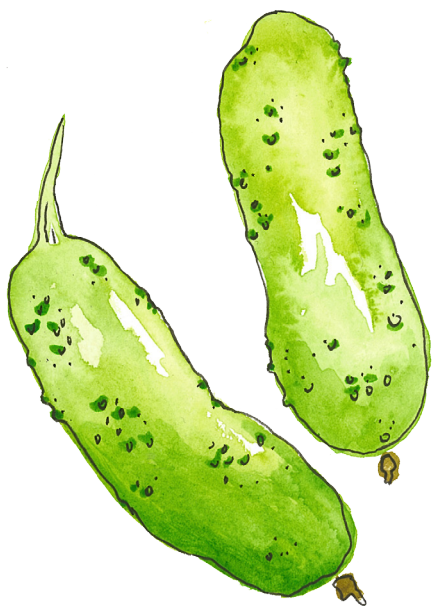
- Use a vegetable spiralizer to create cucumber 'noodles' for a fun salad!
- Add fresh slices to any sandwich for some extra crunch!
- Put slices in your water for a refreshing and hydrating beverage.

Tidbit

Cucumbers are part of the gourd family, which means they're related to squash. There are three main types of cucumbers: slicing, pickling, and seedless. Cucumbers have a nice crisp crunch to them, making them a great textural addition to salads and sandwiches. Depending on the variety, cucumbers may be yellow to dark green, skinny or wide, and straight or curved.

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Recipes

Cucumber Raita

Cucumber Raita

Yield: 4 Servings, as a side dish

Ingredients:

- 1 large cucumber, peeled
- 1 teaspoon salt
- 1 cup plain Greek yogurt
- ½ teaspoon cayenne
- 2 tablespoons chopped cilantro
- ½ teaspoon Garam masala
- 1 small serrano pepper or Thai chili pepper, minced (optional)

Directions:

1. Cut cucumber lengthwise and remove seeds. Dice into very small pieces.
2. Sprinkle with salt, toss and let sit in a colander in sink for 15 minutes.
3. Rinse briefly and squeeze dry in a kitchen towel. Transfer to a bowl.
4. Beat yogurt with a fork or whisk and add cayenne and Garam masala
5. Toss with cucumbers, cilantro and chili. Taste and adjust seasoning as needed.
6. Chill until ready to serve.

Source: *New York Times*

Thai Cucumber Salad

Thai Cucumber Salad with Roasted Peanuts

Yield: 6 Servings

Ingredients:

- ¼ cup fresh lime juice
- 1 ½ tablespoons fish sauce
- 1 ½ tablespoons sugar
- 1 ½ tablespoons minced seeded jalapeno chili (about 1 large)
- 2 garlic cloves, minced
- 1 ½ cucumbers (preferably English hothouse), halved, seeded, thinly sliced
- ¾ cup sliced red onion
- 3 tablespoons chopped fresh mint
- 3 tablespoons coarsely chopped lightly salted roasted peanuts

Directions:

1. Whisk first 5 ingredients in medium bowl.
2. Place cucumbers, onion and mint in large bowl.
3. Add dressing and toss to coat.
4. Season salad to taste with salt and pepper.
5. Sprinkle with peanuts and serve.

Source: *Bon Appetit*

Cucumber Salad with Soy, Ginger & Garlic

Cucumber Salad with Soy, Ginger & Garlic

Yield: 4 Servings

Ingredients:

- 2 large cucumbers, sliced thin
- Salt to taste
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 small garlic clove, minced
- 1 teaspoon minced fresh ginger
- ½ teaspoon cayenne
- Fresh ground pepper to taste
- 2 tablespoons sesame oil
- 3 tablespoons oil (sunflower oil, grapeseed oil or other)
- 1 bunch scallions, sliced very thin
- 2 tablespoons chopped cilantro

Directions:

1. Sprinkle sliced cucumbers with salt. Toss and let sit in a colander in sink for 15 minutes.
2. Rinse briefly and squeeze dry in a kitchen towel. Transfer to a bowl.
3. Whisk together vinegar, soy sauce, sugar, garlic, ginger, cayenne and pepper.
4. Whisk in the sesame oil, and sunflower or grapeseed oil (or other)
5. Toss with the cucumbers, scallions and cilantro.
6. Chill until ready to serve.

Source: *New York Times*