

Farm Fresh Friday: Cucumber



Fun Facts

- Cucumbers are 90-95% water.
- Cucumbers provide a variety of nutrients such as vitamins A, B1, B6, C and D as well as magnesium, folate, calcium, and potassium.
- Cucumbers are grouped into three varieties: burpless, slicing and pickling. The burpless variety is named due to containing less of a compound called cucurbitacin which causes burping.
- The cucumber plant is native to India and has been cultivated for more than 3,000 years.
- One variety, a lemon cucumber, is round, yellow and has a sweet flavor.

According to Guinness World Records, the heaviest cucumber was grown in the United Kingdom, weighing 23 lb 7 oz.

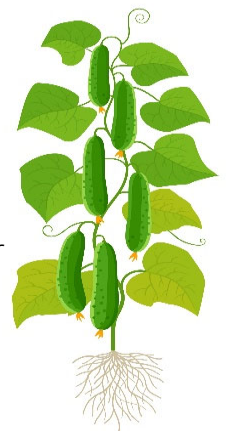


Provided by *Colorado Integrated Food Safety Center of Excellence*

Preparation and Storage

Cucumbers are typically sliced or diced and eaten raw. Sliced cucumbers can be a great snack or side dish with a meal. Use them as a topping for salads or mixed in with pasta salad for extra crunch and flavor. Sliced cucumbers also pair great in sandwiches and wraps.

Storing whole cucumbers in the refrigerator extends shelf life. If the cucumber has been sliced, diced, or otherwise cut into, it must be refrigerated. The cucumber can be stored under refrigeration for up to 1 week. Cucumbers can also be persevered by freezing to extend shelf life, up to 8-12 months.



Cucumber Seasonality

May

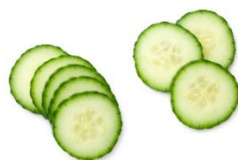
June

July

August

September

October



Cucumber

Pasta Salad with Cucumbers

Ingredients	Weight	Measure	Directions
Water		2 gal 3 qt	<ol style="list-style-type: none"> Heat water to a rolling boil. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well and set aside. Dressing: Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well and set aside. Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well and set aside. Pour the dressing over the vegetable and pasta mixture. Stir well. Transfer 1 gal 2 qt (about 10 lb 6 oz) pasta salad to a steam table pan. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41° F or below. Portion with 8 fl oz spoodle (1 cup).
Enriched Tri-color Pasta	6 lb 4 oz		
Canola Oil		2 cups	
Apple Cider Vinegar		1 qt 3 cups	
Salt		2 Tbsp 2 tsp	
Black or White Pepper, ground		2 tsp	
Garlic Powder		1 Tbsp 1 tsp	
Sugar	3 lb 8 oz		
Parsley, dried		1 Tbsp 1 tsp	
Mustard, ground		1 Tbsp 1 tsp	
Green Bell Peppers, fresh, diced	1 lb		
Green Onions, fresh, chopped	1 lb		
Cherry Tomatoes, fresh, halved	8 lb		
Cucumbers, fresh, peeled, diced	5 lb		
Broccoli Florets, fresh	2 lb 12 oz		



Serving Size	1 Serving Provides	Yield
1 cup (8 fl oz spoodle)	1/8 cup dark green vegetable 1/8 cup red/orange vegetable 1/4 cup additional vegetable 1 oz equivalent grains	100 servings

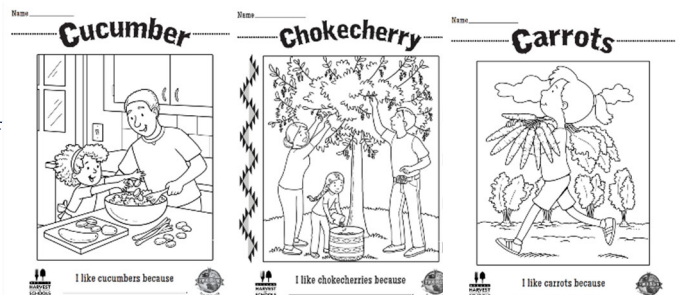
Recipe adapted from the USDA Child Nutrition Recipe Box

Activity

Fruits and Vegetable Coloring Pages

Print various vegetable coloring pages from Oregon State University's FoodHero.org. Select fruits and vegetables of different sizes, colors, and harvest season to discuss with students. [Coloring Sheets | Food Hero](#)

Provided by Oregon State University Extension Service's Food Hero



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