

CUCUMBER PROFILE



JUNE-OCTOBER

I PAIR WELL WITH...

- FETA, GARLIC, MINT, OLIVE OIL
- SALMON, DILL
- CHILI, MINT, YOGURT

PREPERATION TECHNIQUES...

- PICKLE
- RAW
- SALAD
- SAUTE
- STEW IN A SOUP

NUTRIENTS AND BENEFITS

- Vitamin K
 - Prevention of osteoporosis, relief from menstrual pain
- Vitamin C
 - Manage blood pressure, immune system, and prevention of infection
- Magnesium
 - Support muscle and nerve function, and energy production

ANTIOXIDANTS AND BENEFITS

- Flavonoids
 - Anti-inflammatory, reduce development of cancer
- Tannins
 - Prevent high cholesterol, anti-inflammatory
- Vitamin K
 - Works as an antioxidant to protect against oxidation
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Nutrition Facts

Serving size: 1 cup

Servings: 1

Amount per serving

Calories **45**

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0.1g 1%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 10.9g 4%

Dietary Fiber 1.5g 5%

Total Sugars 5g

Protein 2g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 1mg 5%

Potassium 442mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

KEEP IN MIND...

- **Notable flavor**
 - Crunchy, crisp, slightly bitter, juicy
- **Can you consume it raw?**
 - Yes! Cucumbers are most commonly consumed raw, although some recipes do use cooked cucumbers
- **What parts of the plant can you eat?**
 - The entire cucumber is edible, some peel the skin
- **Short term storage**
 - Store in the warmest part of the fridge, typically towards the front for up to 5 days
- **Long term storage**
 - Avoid storage in freezer, rather wrap in plastic wrap and store in fridge for up to 10 days. It is important to avoid moisture from reaching the cucumber
 - Pickle