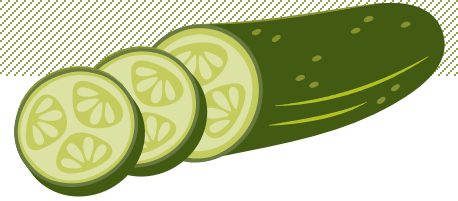


Cucumbers



Nutrition

Cucumbers are made up of around 96% water. The seeds and the peel contain the highest amount of nutrients in a cucumber, offering fiber and antioxidants.

How Cucumbers Are Grown

Cucumbers need warm weather between 65-70 degrees Fahrenheit. They are typically planted mid-May, when the threat of frost and low temperatures has passed. Cucumbers are ready to be picked around six to eight weeks after

Did you know?

- Cucumbers are divided into two types: pickling (to make pickles), and slicing (for fresh eating).
- Kansas's warm summer climate makes a great environment to grow cucumbers.
- Cucumbers are considered a fruit, in the same family as melons and squashes.



Harvest

Cucumbers are ready to pick when rich with dark green color and firm to touch. If cucumbers are left on the vine too long, the flavor becomes poor and the seeds can become hard.

Preparation

Cucumbers are typically sliced, diced or 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 a pasta salad for extra crunch and flavor.

Storage

Storing whole cucumbers in the refrigerator extends shelf life. If cucumber has been sliced, diced or otherwise cut into, it must be refrigerated. They can be refrigerated for up to one week.

