

*A simple guide to*

# CUCUMBERS



## Garden

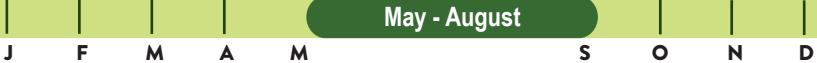
Most common variety. Slightly bitter flavor when eaten with the skin.



## English

Lighter green, thin skin & small seeds with a mild flavor.

## In Season



## How To Select



Choose cucumbers that don't bend easily. Look for medium to dark green skin.



Avoid yellowing, wrinkled skin & soft spots.

## How To Store

- Keep cucumbers away from bananas, apples & melons.
- Wash & dry before storing. Wrap in a clean dish or paper towel & place inside an open plastic bag.
- Refrigerate on the middle shelf toward the front. Crisper drawers can be too cold for cucumbers.

## How To Prepare

### Fresh

- Always rinse before using.
- Slice & add to a salad, sandwich or wrap for extra crunch.

### Pickled

- Make your own pickles! Combine 2 cups sliced cucumber, 1/2 cup water, 1/2 cup vinegar, 2 peeled & smashed garlic cloves & 1 1/2 tsp salt in a sealable container. Refrigerate at least 1 hour & serve.



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# SUMMER GREEK SALAD

## Ingredients:

### Red Wine Vinaigrette

- 1/4 cup olive oil
- 3 Tbsp red wine vinegar
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp dijon mustard
- 1/2 tsp black pepper

### Salad

- 1 cucumber, cut lengthwise & sliced
- 1 large green bell pepper, diced
- 2 cups grape tomatoes, halved
- 1 cup feta cheese crumbles
- 1 small red onion, thinly sliced
- 1 (6 oz) can black olives, drained
- 1/2 cup fresh basil leaves, chopped

20 Min | Serves 4

### Nutrition Facts

4 servings per recipe  
**Serving size** (213g)

**Amount per serving**  
**Calories** **210**

% Daily Value\*

**Total Fat** 18g 23%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 450mg 20%

**Total Carbohydrate** 13g 3%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 176mg 15%

Iron 2mg 10%

Potassium 293mg 6%

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

## Preparation:

1. In a small bowl, whisk together oil, vinegar, garlic, oregano, mustard & pepper. Set aside.
2. In a large bowl, add cucumber, pepper, tomatoes, feta, onion, olives & basil. Add dressing & toss to combine.

**Tip:** Cucumbers are a great swap for chips when enjoying your favorite dip!



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