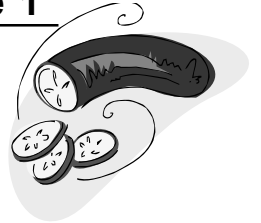




FRUITS AND VEGETABLES GAZETTE

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Did you know that ...



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the inside of a growing cucumber on a hot summer day is 20 degrees cooler than the outside air temperature? This fact gave rise to the expression “*cool as a cucumber.*” Cucumbers are also commonly known by their nickname “cukes.”

How do I select cucumbers?

- Choose firm, crisp cucumbers with a slender shape and a dark green rind. (Shiny cucumbers have been coated with an edible wax to protect them from moisture loss.)
- Slicing cucumbers and pickling cucumbers are the most common types. Look for slicing cucumbers that are 6 to 8 inches long, or “burp-less” types that are 1 to 1 1/2 inches in diameter and up to 10 inches long.
- Avoid cucumbers that have grown too long or too big around, are yellow, shriveled at the ends, tough with large woody seeds, have soft spots, or feel slimy.

Tips for Handling and Preparing “Cukes”

- Refrigerate unwashed cucumbers for up to 2 weeks in a loose or perforated plastic bag in the vegetable drawer.
- Rinse cucumbers under cold running water to remove dirt. Cut off ends. Peel skin and remove seeds if desired, depending on your taste preference.

From The Recipe Box

Crisp Cucumber Salad

Serves 4

- 1 tablespoon sugar
- 1/8 teaspoon salt
- 2 tablespoons vinegar
- 1 medium cucumber, not peeled, sliced lengthwise, seeded and thinly sliced
- 1 shallot, thinly sliced, or 2 tablespoons thinly sliced onions
- 1/4 cup red sweet bell pepper strips
- 5 cilantro leaves, chopped coarsely



1. Wash your hands and work area.
2. In a small saucepan, combine sugar, salt and vinegar. Heat and stir until sugar has dissolved, but do not boil.
3. Set saucepan in cold water to cool the mixture.
4. Rinse vegetables and chop. Combine vegetables and cilantro in a serving bowl.
5. Pour cooled mixture over cucumber mixture and stir gently.
6. Cover and refrigerate for 2 hours to allow flavors to blend. Serve cold.
7. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving Size: 1/2 cup

Calories: 30

Total Fat: 0 grams

Cholesterol: 0 mg

Sodium: 75 mg

Total Carbohydrate: 7 grams

Protein: 1 gram



"Cuke" Trivia: Fresh cucumbers are made up of 96%: _____

a. Water

b. Salt

c. Vinegar

d. Alcohol

"Greens" Word Find

Green vegetables are rich in a variety of nutrients, such as fiber, vitamin C, vitamin K, carotene, folate, lutein, and zeaxanthin. Try to eat 3 to 5 servings of vegetables and 2 to 4 servings of fruit each day. See if you can find these "good for you greens" below.

broccoli

cucumbers

collard greens

lettuce

brussel sprouts

green beans

peas

cabbage

green peppers

spinach

kale

endive



The Food Assistance Program can help people with a low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

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Fresh Fruity Spinach Salad

Serves 2

- 2 cups fresh spinach
- 1 cup fresh peaches or berries
- 1 minced green onion
- 1 tablespoon sugar
- 1/4 teaspoon Worcestershire sauce
- 2 teaspoons salad oil
- 2 teaspoons vinegar



1. Wash your hands and work area.
2. Rinse spinach and remove large tough stems. Drain. Tear leaves into small pieces. Place in a serving bowl.
3. Rinse peaches or berries. Slice into bite size pieces. Combine with spinach. Add onion.
4. Combine the remaining ingredients in a jar with a tight fitting lid. Shake well.
5. Pour dressing over spinach mixture. Toss. Serve cold.
6. Cover and refrigerate leftovers within 2 hours.

*Recipe from Fix It Fresh! Fruits and Vegetables Recipes series,
www.oznet.ksu.edu/humannutrition/recipebook.pdf*

Nutrition Facts

Serving Size: 1 cup

Calories: 110

Cholesterol: 0 mg

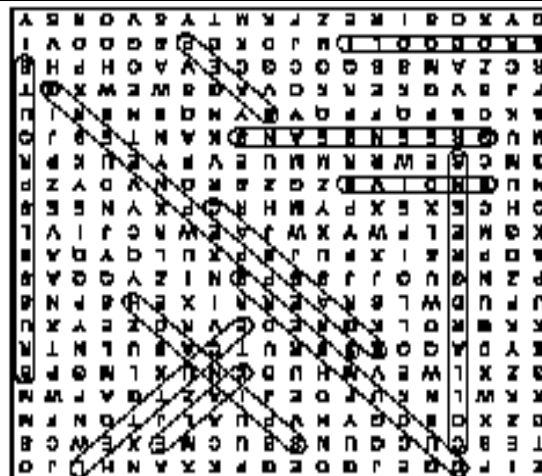
Total Carbohydrate: 18 grams

Total Fat: 4.5 grams

Sodium: 30 mg

Protein: 2 grams

Cuke Trivia Answer: Water



Word Find Key