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## Selection

When purchasing cucumbers they are going to be a dull green color. If you buy cucumbers at a supermarket they have a covering of edible wax to help protect them from moisture loss and gives them an unnatural sheen.

Look for cucumbers that are well-developed but not too large. They should be firm over their entire length. Avoid cucumbers with withered or shriveled ends.

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## Care and Storage

- ♦ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ♦ Scrub firm produce, like cucumbers with a vegetable brush to clean.
  - ♦ Keep produce and meats away from each other in the refrigerator.
  - ♦ Cucumbers can be stored for up to 3 days in the refrigerator in loose or perforated plastic bags.
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## Why Buy Local?

- ♦ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
  - ♦ You are making a healthy choice for your family.
  - ♦ When you spend money locally, it helps to keep small businesses open and builds up your community.
  - ♦ Local foods taste good!
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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Originally developed by: Jennifer Blazek,  
UW Extension Polk County, Balsam Lake, WI;  
<http://polk.uwex.edu> (June, 2014)



## Cucumbers

## Pepino

## Uses

Cucumbers are mild in flavor and very appealing to children.

Cucumbers add a crispness to salads and sandwiches. Also try cooking them with your favorite herbs as a side dish.

For added nutrients, don't peel cucumbers before eating them.



## Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ A source of Beta-carotene
- ♦ A source of Calcium
- ♦ A good source of Vitamin K

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## Try It!

### Sour Cream Cucumbers

#### INGREDIENTS

- 2 Large cucumbers
- 1 Large onion, sliced into rings
- 3/4 cup Sour cream
- 3 Tbsp. Apple cider vinegar
- 2 Tbsp. Sugar
- Salt & pepper to taste

#### INSTRUCTIONS

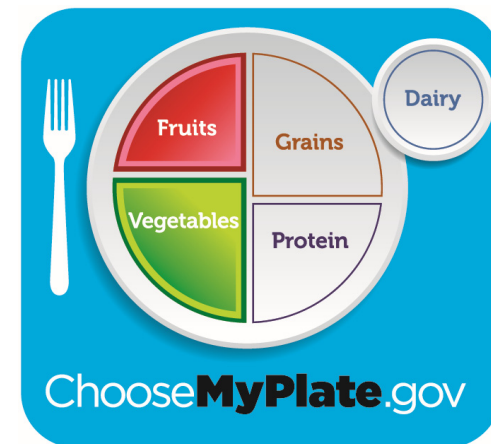
1. In a bowl, combine cucumbers and onion.
2. Combine remaining ingredients in a separate bowl.
3. Pour sour cream mixture over cucumbers and onions. Mix well and chill.

Yield: 6 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



Sour Cream Cucumbers



## History & Fun Facts

Cucumbers are often times soaked in salt water to rid them of their naturally high water content.

The only natural way to preserve cucumbers is by pickling.

Cucumbers originated over 3,000 years ago in India. Cucumbers were introduced to North America in the mid-16th century.

There are two main types of cucumbers, slicers and picklers. Slicers are the cucumbers you have on veggie trays or in salads. Picklers are used to make pickles.