




# Produce of the Month







## Cucumber







### Nutritional Information

-  A one cup serving of cucumbers is about 16 calories making them a healthy low-calorie snack
-  Cucumbers are mostly water and do not contain a high amount of any one vitamin or mineral
-  The peel and seeds have the most nutrients

### Fun Facts

-  Cucumbers have seeds internally, which makes them a fruit
-  Cucumbers are in the gourd family
-  Commonly pickled, cucumbers are referred to as pickles even though they are not the only produce that is pickled
-  Cucumbers grow in many regions

### Selecting, Storing, Preparing

-  Cucumbers are temperature sensitive and its best to select cucumbers that are in refrigeration
-  Select firm, unwrinkled cucumbers
-  Store cucumbers in the refrigerator, they can keep for several days
-  Prepare non-waxed skin cucumbers by washing, slicing and using in your favorite dish, its recommended to peel and discard the skin of waxed cucumbers.

### Recipes/Ideas

- o Enjoy cucumbers in the place of crackers; placing dip, hummus, cheese or chopped vegetables upon cucumber slices
- o Add diced cucumber to any salad, including tuna salad or potato salad
- o Make a quick cold gazpacho soup by pureeing cucumbers, tomatoes, green peppers and onions and adding salt and pepper to taste

For more ideas:

<http://www.marthastewart.com/274508/cucumber-recipes>

<http://95210.townofmanchester.org/>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

**Manchester's Message for a Healthier You**