

Harvest of the Month: Cucumbers



Cucumbers are 96% water but have plenty of nutrients! They are a good source of Vitamin K, magnesium, and fiber.



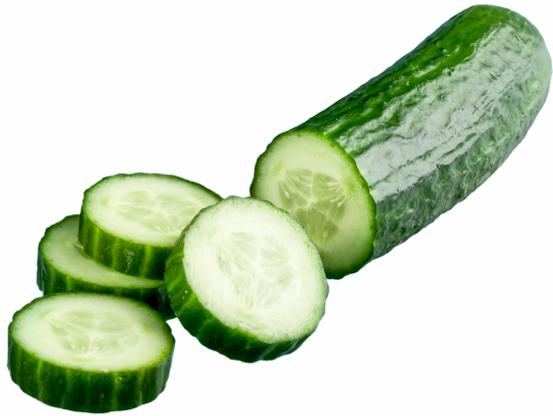
Cucumbers are in the gourd family, Cucurbitaceae. They are related to pumpkins and zucchini. Cucumbers grow on long, creeping vines.



You can store cut cucumbers in the fridge for up to five days. The best way to keep them crisp is wrapping them in a damp paper towel and placing them in a sealed container.



The world record for the longest cucumber was for a 42 inch cucumber! It was grown in 2011 by a man in the United Kingdom.



Ingredients

- 3 cucumbers, peeled and sliced
- 1 red onion, sliced and separated into rings
- 3 medium tomatoes, cut into wedges
- 1/2 cup vinegar
- 1/4 cup sugar
- 2 teaspoons salt
- 1 teaspoon fresh coarse ground black pepper
- 1/4 cup neutral oil
- 1 teaspoon chopped herbs (mint, dill, parsley, basil etc.) (optional)
- Crumbled feta (optional)



Directions

1. Wash and cut all of your ingredients.
2. Toss all of your ingredients in a bowl and combine.
3. Refrigerate for 2-3 hours before serving.