

Cucumber

Cucumbers are the fourth most widely grown vegetable in the world, after tomatoes, cabbage and onions. They are enjoyed on virtually all continents of the world and you can find them incorporated into all types of cuisine. They belong to the same family as watermelons, cantaloupe, zucchini, and pumpkin. The three main varieties of cucumbers are those for “slicing”, “pickling” or “burpless” (burpless cucumbers have fewer seeds in the middle!).



Cucumbers originated in India and have been grown there for at least 3000 years. As time passed, they spread to Egypt, where the cucumber was used as both a food and a water canteen—after the flesh of the cucumber had been eaten, the intact peel was used to store water in the harsh desert. Alexander the Great brought cucumbers to Europe after his journeys to Asia and later, Christopher Columbus brought the cucumber to the Americas. By 1494, cucumbers were being grown in Haiti, and from there spread through Central and South America. Cucumbers made their way to North America by the mid-16th century, and became popular as settlers brought seeds with them from Europe.



- Cucumbers are actually a fruit!
- A cucumber's flavor actually comes from the seeds
- Cucumbers are 96% water

