



NUTRITION &
FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE

At Home

Cucumbers

Cucumber Nutrition:

- Cucumbers are made up of 96% water, making them good for hydration, digestion, and keeping focus and energy up!
- Cucumbers also contain fiber, which helps with digestion and feeling full and focused for learning.
- Cucumbers are a good source of Vitamin K, which helps stop the bleeding if you get cut.
- Cucumbers contain several different types of phytochemicals, which help protect your body's cells from damage and chronic illnesses.
- Cucumbers are also a good source of Potassium and Magnesium for muscle and nerve function.

Fun Facts about Cucumbers:

- Cucumbers were first grown in India at least 3,000 years ago. Today, there are over 120 different varieties grown around the world!
- In Indiana, cucumbers are in peak season from July-October. The cucumbers that are served in the school cafeterias are from a local Indiana farm!
- Cucumbers grow on long vines that love warm soil and sunshine.

Q: Why do cucumbers giggle?
A: Because they're PICKLE-ish!

- Bees are essential to pollinating the flowers so cucumbers can grow!
- Cucumbers belong to the plant family called gourds, which includes squash, melons, and zucchini.
- Cucumbers can range in size from less than 1 inch to 20 inches or more!
- Ever hear the expression, "Cool as a Cucumber"? The inner temperature of a cucumber may be up to 20°F cooler than its outer surface.

Popular Cucumber Varieties:



American Slicing

- Often bitter
- Usually has waxy coating



English / Hot House

- Marketed as seedless (but has seeds). Almost never bitter.
- Usually wrapped in plastic



Pickling

- Short, thick, thinner skin
- Can be eaten raw or used for pickles



Persian

- Almost never bitter
- Expensive, often sold in packs



Lemon

- Almost never bitter, very seedy
- Does not taste like a lemon



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Cucumber Roll-Ups

These fun, festive cucumber cups are a great snack that packs in colorful veggies and a little protein!



Ingredients

- 4 ounce cream cheese, or hummus
- 1 medium cucumber
- 1/2 medium bell pepper, yellow/red
- 1/2 cup strips or slices carrot

Directions

1. Soften cream cheese to room temperature and mix with a spoon to soften.
2. Wash and dry your cucumber. Using a vegetable peeler, slice into really thin strips (thinner cucumbers work best).
3. Cut bell peppers into matchstick pieces.
4. Spread a thin layer of cream cheese (or hummus) down each cucumber slice. On one end, bundle a handful of carrots and bell pepper, along with fresh herbs if desired (optional).
5. Roll up and serve! (If needed, add an extra bit of cream cheese or hummus to the end to help hold it together).

Recipe adapted from: www.superhealthykids.com

Pickling STEAM Activity.

This STEAM activity walks through the scientific process of how to transform cucumbers into pickles! Scan the QR code for the recipe!



What is Pickling?

Pickling is a clever way to make food last much longer. Pickling involves putting food, in this case a cucumber, into either vinegar or a special salty water called a brine. This helps prevent the cucumber from spoiling – and it also gives it a new and tangy flavor as a bonus! The process of pickling doesn't apply to just cucumbers, but many other vegetables may be preserved using this method as well.

How does it Work?

The main secret to pickling is that it makes the food very acidic. The low acid environment (low pH) stops most tiny germs, like bacteria, from growing. Because of this, pickled foods can stay safe to eat for many months.