

Cucumbers

HOW TO CHOOSE AND STORE

Cucumbers can be stored in the refrigerator for up to one week. Some are treated with a wax coating after they are picked; wash this off right before eating. Avoid cucumbers that have shrivelled or withered ends or have soft spots.



HOW TO USE AND EAT

Cucumbers are often consumed raw. They have a mild taste and crunch that make them a great addition to any salad or sandwich. You can also add cucumber slices to water (often along with citrus fruit or mint) for a refreshing drink. For long term storage, many cucumbers are made into pickles!

CUCUMBER SALAD

- Cucumbers (amount proportionate to the desired size of your salad)
- Red onion or white onion (optional)
- A relatively light-flavored vinegar (like white wine vinegar or red wine vinegar, not balsamic)
- Honey (or sugar)
- Dill and/or other desired herbs

First, peel the cucumbers if the kind you're using have a particularly tough or waxy skin. Slice the cucumber into thin rounds. If they are overly thick, the salad dressing may not be absorbed well. Slice your preferred amount of onion into strands. In a medium bowl, whisk together the vinegar and a bit of honey. Add cucumbers, onions, and dill to the bowl. Season with salt and pepper. (You may also add red pepper flakes for a bit of heat.) Toss salad until cucumbers are well coated. Let sit for ten minutes before serving. Salad may also be chilled for a few hours in the fridge.

CUCUMBER AND TOMATO SANDWICH

- Cucumber and a medium-to-large tomato
- Slices of bread (preferably tougher than normal sandwich bread, like sourdough or baguette, but most bread will work in a pinch)
- Shredded mozzarella cheese (can be substituted)
- Spinach or basil leaves (optional)

Slice your cucumber and tomato into thin rounds. You will likely not need very many. Layer them onto one slice of bread. Add spinach or basil leaves overtop. Sprinkle the mozzarella onto the sandwich and cover with the other slice of bread. To melt the cheese, you can cook the sandwich on a frying pan at medium heat. You may want to add butter or margarine to the outer side of the bread first. Alternatively, you could use a sandwich press, panini maker, or a toaster oven.

OTHER RECIPES TO GOOGLE

- Asian cucumber salad
- Pickling recipes
- Cream cheese cucumber sandwich
- Cucumber wraps