



# Cucumber

## 3 Prep and cooking tips

- Peel waxed cucumbers before eating, unwaxed ones only need a light scrubbing.
- Cucumbers can also be used in cold soups, salsas and can be pickled.
- Slice cucumbers just before eating or store slices in a sealed plastic bag or airtight container for easy snacking.

## 2 Shopping and storage

- Choose firm, dark green cucumbers with no wrinkles or mushy spots.
- Keep cucumbers in a plastic bag on a shelf toward the front of the refrigerator.

## 1 Nutrition Fact:

- Cucumbers contain potassium, Vitamin C and fiber. Potassium helps regulate fluid balance which helps keep you hydrated, Vitamin C supports a strong immune system, and fiber helps keep your digestion regular, controls blood sugar, and lowers cholesterol.

**Go!** Scan the QR code to learn more:

