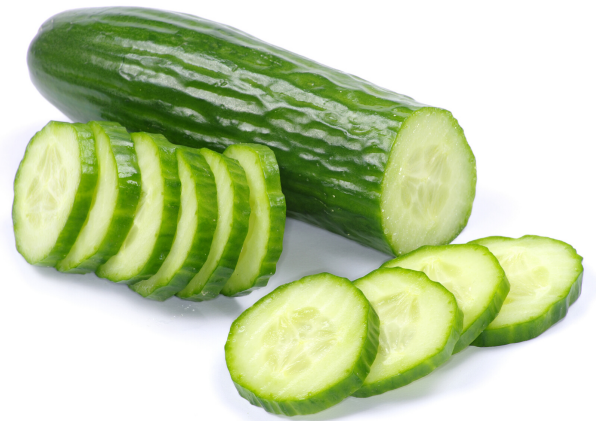


CUCUMBERS

FAST FACTS

- Cucumber comes from the Cucurbitaceae family, or more commonly known as the gourd family
- The gourd family also includes melons, squashes, and pumpkins.
- Cucumbers are 96% water!
- The cucumber plant originates from South Asia – cultivation of the cucumber started 3000 years ago in India and it quickly spread to the rest of the world
- Fruit appears 8 to 10 weeks after planting



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin K** – helps your blood clot
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Chlorophyll** – a powerful phytonutrient
- **Potassium** – needed for muscle contraction

SELECTION & STORAGE

- Look for large, unbroken, dark-green skin with a waxy appearance.
- Store cucumbers, unwashed, in loose or perforated plastic bags in the vegetable crisper of the refrigerator. Store for up to 5-7 days.
- Enjoy raw: simply rinse off the vegetable in some water prior to eating.

IDEAS FOR SERVING

- Enjoy raw along with a yogurt dip or hummus!
- Create a salad with cucumber and any other veggies or dressing you like
- Top sandwiches and wraps with cucumber for some extra crunch



CUCUMBERS

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how cucumbers look, feel, taste, sound, and smell.

Identify Places on the Globe

Find where cucumbers likely originated in India on the map.

Compare & Contrast

Make a list of similarities and a list of differences between cucumber and another vegetable. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of cucumber. Share with the class!

Write a Recipe

Invent a new recipe that includes cucumber as one of the ingredients.

Watch a Video

Find and watch a video online that shows how cucumber is grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other Cucurbitaceae fruits and vegetables?

Describe the steps you would take to grow cucumber at home.

Why is eating cucumber good for your health?

What should you look for when selecting cucumber at the store?

What is your favorite way to eat cucumber?

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