

CUCUMBERS

ARIZONA
HARVEST
SCHEDULE

Jan
X

Feb
X

Mar
X

Apr
X

May
X

Jun
X

Jul
X

Aug
X

Sep
X

Oct
X

Nov
X

Dec
X



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FIND CUCUMBERS IN ARIZONA

Farms to get this local produce:

- Agritopia Farm, Gilbert, AZ
- Al Hamka Farm and Bakery, Phoenix, AZ
- Blue Sky Organic Farms, Litchfield Park, AZ
- Maya's Farm, Phoenix, AZ
- Mortimer Farms, Dewy, AZ



To ensure food safety with cucumbers, always thoroughly wash them under running water before eating, cutting, or cooking, even if you plan to peel them.

ARIZONA HARVEST FACTS

- Composed of about 95% water, cucumbers are excellent for staying hydrated.
- Cucumbers provide vitamins K, C, and several B vitamins, essential for various bodily functions.
- Cucumbers are a classic ingredient in salad and often used in sushi rolls because they offer a crisp texture.
- English Cucumbers: Also known as hothouse cucumbers, they are long, thin, and have a mild flavor.
- Kirby Cucumbers: These small, bumpy cucumbers are ideal for pickling due to their firm texture.
- Persian Cucumbers: Smaller and sweeter than regular cucumbers, they are perfect for snacking.
- Lemon Cucumbers: Round and yellow, these cucumbers have a slightly citrusy flavor.



LOCAL RECIPE: Cucumbers with Chili & Lemon

Serving size: ½ cup, Yield 10 servings

Credits: ½ cup Other Vegetable

- 2 Pounds Unpared Cucumbers
- 2 Fresh lemons (or limes)
- 2 tbsp. Ground Chili Powder

Slice the cucumbers into thin coins. Fresh lemon juice adds the right amount of tanginess. If you prefer lime, you can swap out lemon juice with lime juice in this recipe. The amount of chili powder is completely up to the flavor you want to create. Add more for an added kick! Combine ingredients in a large bowl.

Toss and serve.

QUICK MATH: CUCUMBERS



CUCUMBERS

1 pound, whole,
pared (peeled),
sliced=
approximately
2.5 cups

1 pound, whole,
unpared, sliced=
approximately
3 cups

