



COOL AS A ... cucumber

“Cool as a cucumber” isn’t just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air temperature due to its high water content.

Cucumbers are very low in calories! A half of a cup of sliced cucumbers contains just eight calories and it’s a good source of vitamin K. Vitamin K is essential for the functioning of several proteins involved in blood clotting. Eating plenty of fruits and vegetables like cucumbers may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Did you know?

- There are two main types of cucumbers, slicers and picklers. Slicers are the cucumbers that you find on vegetable trays or in salads, and picklers are used to make pickles.
- Puffy eyes? Place sliced cucumbers over your eyes to help reduce swelling.
- Cucumbers are a member of the gourd family along with melons, squash and pumpkins.

In Florida, cucumbers are grown predominately in Collier, Dade, Hardee, Hillsborough, Manatee and Palm Beach County.

Shopping, Preparing and Storing

- When choosing a cucumber, look for one that is firm, unblemished and is either light or dark green but never yellow.
- Store cucumbers in the refrigerator, unwashed in a perforated plastic bag or crisper drawer so they can breathe.
- Never freeze cucumbers.

Cooking Tips

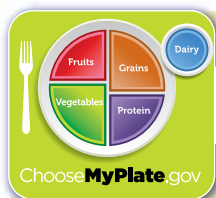
- To seed cucumbers, simply slice them in half lengthwise, and use a teaspoon to scoop out all of the seeds.
- When adding sliced or chopped cucumber to a yogurt or sour cream-based sauce or soup, do so at the last moment as they will release water the longer they stand.

CUCUMBER MANGO SALSA

- 1 cucumber – peeled, seeded, and diced
- 3 mangos – peeled and diced
- 2 jalapeno peppers – seeded and finely chopped
- 1 large onion, finely diced
- 1 clove garlic, minced
- ¼ cup fresh cilantro
- 1 tablespoon lime juice
- Salt and pepper to taste



1. Stir together the mango, cucumber, jalapeno pepper, onion, garlic and cilantro in a mixing bowl.
2. Season with lime juice, salt and pepper. Refrigerate for at least 2 hours before serving.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.