



Cucumbers

From pickles to salads and from sandwich toppers to dippers, cucumbers can be used in many ways.



Nutrition

- Nutritionally, 1 cup of sliced cucumbers contains around 15 calories, 4g carbohydrate, and is a source of vitamins and minerals, including vitamin K and potassium.
- Cucumbers contain almost no fat, protein, fiber, or sodium.



Shopping

- Look for firm cucumbers with an even green color.
- Avoid cucumbers with soft spots, yellow skin, or bulging middles, which can indicate watery flesh or large seeds.
- If buying pickles, look for reduced sodium varieties. But do not reduce sodium when making your own pickles, unless the recipe is tested.



Price

- Raw cucumbers cost \$1.26 per pound on average.

Based on fruit and vegetable prices from U.S. Department of Agriculture



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Storage

- Cucumbers can be stored in the refrigerator in a bag or covered container for up to a week.
- If buying cucumbers without wax, such as from your local farmers market, know they may start to decay or dry out faster than waxed varieties.



Preparation

- Wash cucumbers well and cut off both ends. Then cut into desired size pieces.
- **Preserve:** Find tested recipes for home-canned pickles and relishes at the National Center for Home Food Preservation: nchfp.uga.edu.



Eat

- Cucumbers can be eaten cooked or raw, although most recipes will use them raw.



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