

## CUCUMBER

### Types

There are several types of cucumber.

**Armenian:** Long, thin, crunchy cucumbers with soft seeds. No peeling or seeding necessary.

**English or Greenhouse (hothouse):** Dark green and thin skin, long, and thin. Has a very mild flavor and soft seeds. Usually sold individually wrapped in plastic in stores.

**Garden or Slicing:** This is the most common type found in North America. It has smooth, dark green skin and large seeds. They are usually sold with waxed skin to preserve water, so peeling is common. Removing the seeds also is common.

**Kirby:** Short, yellowish-green, and bumpy. Crunchy and great flavor for pickling.

**Lemon:** Yellow, round, and sweet, with thin skin and minimal seeds.

**Persian:** These look exactly like English cucumbers, except these come in many different sizes and different skin texture.

**Pickling:** Short, blocky, and crunchy. Good for pickling or fresh in salads.

### Selection Info

Choose firm, slender-shaped cucumbers that are green. Avoid cucumbers that are ripening to yellow or enlarged in the middle.

### Preparation

Cucumbers can be eaten raw, and prepared with or without seeds and skin.

**To Peel:** Use a knife or vegetable peeler to remove the skin.

**To De-seed:** Cut cucumber in half lengthwise, then use a spoon or knife to scoop out the seeds from each half. You can also quarter larger cucumbers before removing the seeds.

**To Slice Peel and de-seed cucumber as desired.** Lay the cucumber flat on a cutting board, and cut into slices or chunks.

**Note:** Sometimes cucumbers are bitter. Bitterness is stronger at the stem end of the cucumber. The chemicals that cause bitterness (and the “burp”), Cucurbitacin B and Cucurbitacin C, are found in and under the skin, so peeling the cucumber may improve flavor.

### Storage

**Short-Term Storage:** Cucumbers can be placed in a plastic bag and refrigerated for up to one week.

**Long-Term Storage:** Cucumbers are great for canning and pickling.



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# CUCUMBER YOGURT DIP

## Ingredients

- 2 cups plain, low-fat yogurt
- 2 large cucumbers
- 1/2 cup nonfat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

## Directions

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. In a medium serving bowl, mix the yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic.
3. Chill this mixture for 1 hour.
4. Arrange tomatoes, cucumbers, broccoli, and carrots on a platter, and serve with the chilled dip.



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### Nutrition Information

Serving Size 1/6 of recipe

Nutrients	Amount
Total Calories	100
Protein	6g
Carbohydrates	16g
Dietary Fiber	2g
Total Fat	2g
Saturated Fat	1g
Cholesterol	5mg
Sodium	120mg