

Florida Fresh: Cucumbers¹

Claudia Peñuela²

Nutrition Facts

The Florida Cucumber contains:

- ✓Water. Water maintains your body's hydration, preventing water retention.
- ✓Vitamin C. Vitamin C helps to heal cuts and keeps teeth and gums healthy.
- ✓Minerals such as phosphorus and potassium.
- ✓No fat, cholesterol or sodium. They are low in calories.



Nutrition Facts	
Serving Size 1/2 cup slices 52g (52 g)	
Amount Per Serving	
Calories 8	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Vitamin C 2%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers' markets produce travels about **50 miles** to its destination, compared to **2,000 miles** for supermarket produce.

Buy locally and get these benefits:



- Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.
- Social/cultural. Helps the community to be aware of the importance of agriculture.
- Environmental. Protects the natural resources such as green space, wildlife, water, air, and soil.
- Economic. Promotes a local labor force.

Where are Florida's cucumbers harvested?

Most of Florida's cucumbers are grown in **West Central** and **South Florida**. Florida farmers produce fresh cucumbers for the market and for processing and pickling.

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When can you buy Florida cucumbers?

You can buy Florida cucumbers **October** through **June**. This is **nine months of the year!**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Select

- ✓ Cucumbers with a deep green color.
- ✓ Cucumbers that are firm in their entire length, with no soft spots.
- ✓ Cucumbers that are well-shaped and are heavy for their size.
- ✓ Cucumbers that have not dried up at their tips.

Florida Fresh Cucumbers: From Market to Table

Cucumber Yogurt-Dip

2 cups plains **low-fat yogurt**
 2 large **cucumbers**, peeled, seeded, and grated
 ½ cup **nonfat sour cream**
 1 Tbsp **lemon juice**
 1 Tbsp fresh **dill**
 1 **garlic** clove, chopped
 1 cup **cherry tomatoes**
 1 cup **broccoli** florets
 1 cup baby **carrots**

Yield: 6 Servings Time: 15 minutes

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots in a colorful platter. Serve with cucumber dip.

* **Nutrition info per serving:** Calories: **100 cal**; Total Fat 2g; Sodium 90 mg; Total Carbohydrate 17g; Fiber 2g; Protein 7g; Vit A 70%; Vit C 35%; Calcium 20%; Iron 4%
 * Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories.

Adapted from: www.fruitsandveggiesmatter.gov/downloads/explore_recipe_cards.pdf

Florida Cucumber Salad with Balsamic Vinaigrette

For the dressing

1 Tbsp finely chopped **thyme**
 2 Tbsp **balsamic vinegar**
 2 Tbsp **olive oil**
 2 Tbsp **Dijon mustard**

1 **cucumber with peel**, washed and thinly sliced
 Cracked **black pepper**, to taste

Yield: 2 Servings Time: 15 minutes

1. In a small saucepan, add the thyme, vinegar and olive oil. Heat over very low heat to blend and intensify the flavors, about 5 minutes.
2. Remove from heat and whisk in the mustard until well blended.
3. In a serving bowl, add the cucumber slices. Pour the dressing over the cucumbers and toss to coat evenly.
4. Add the black pepper to taste. Refrigerate until ready to serve.

Nutrition info per serving: Calories: **160 cal**; Total Fat 14 g; Sodium 184 mg; Total Carbohydrate 8 g; Fiber 1 g; Protein 3 g; Potassium 255 mg; Saturated fat 2 g; Calcium 37 mg; Monounsaturated fat 10 g