

Cucumbers

Fun Facts

- Cucumbers are **96%** water
- Cucumbers are actually a **fruit**
- One vine can produce **25-125** cucumbers
- Wisconsin produces **38,410** tons of cucumbers for pickles.
- Cucumbers were originally grown in **India**.

Growing

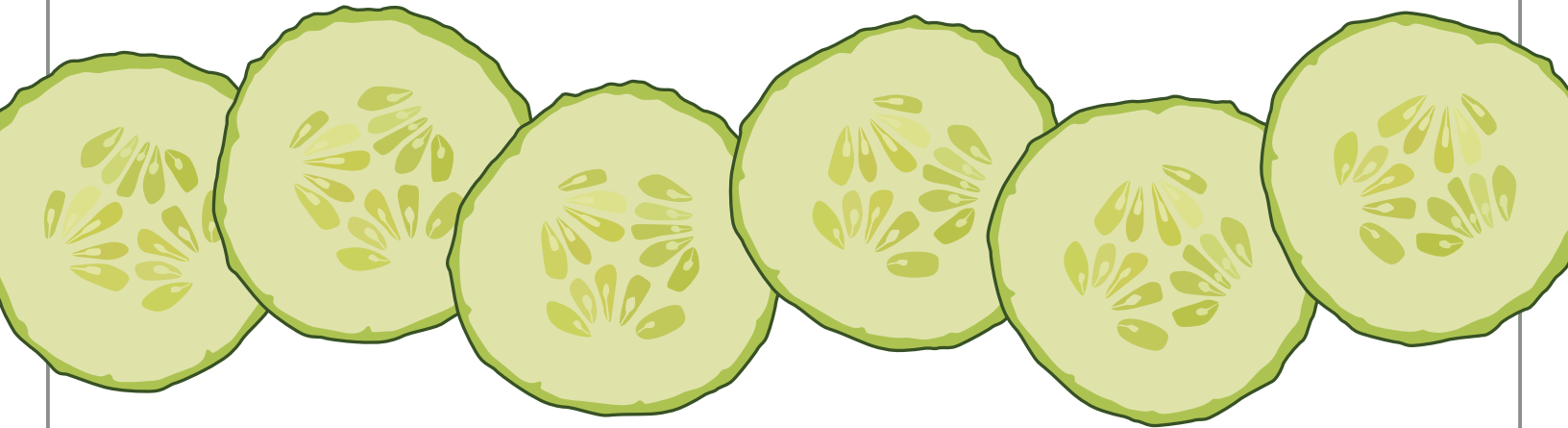
Cucumbers are a part of the **Cucurbit family** along with watermelon, pumpkins and squash. Cucumber can be pickled, sliced and eaten fresh. Fresh cucumbers should be **6-9 inches** in length, while pickling cucumbers are smaller in size. Cucumbers should be bright green, firm and rounded, and dull in color.

Fresh cucumbers are available in Wisconsin between **mid-July through September**.

Cool as a Cucumber

Did you ever hear the phrase, 'cool as a cucumber'? Cucumbers have a cool interior; in fact, the inside of a cucumber can be **20 degrees cooler** than the outside temperatures in the summer heat!

Nutrition Facts



- One-half cup of sliced cucumbers has just **8 calories**.
- Cucumbers are a good source of **Vitamin C, Vitamin K** and **Potassium**.
- Cucumbers are low in **fat, sodium** and **calories**.

