

FRUIT/VEGETABLE OF THE MONTH!

JUNE'S FEATURED VEGGIE IS THE CUCUMBER

CUCUMBER FACTS:

Cucumbers are long, lean, and green garden vegetables. Technically, they're fruits from the same family as watermelons and pumpkins, but most people consider them veggies.

Cucumbers were first domestically grown in ancient India, but China now produces 76% of cucumbers in the world. They have a slight melon-like taste, and sometimes can be slightly bitter.

There can be a 20° difference between the inside of a cucumber and the actual temperature outside, this is thought to be where the phrase "cool as a cucumber" came from.

HEALTH BENEFITS OF EATING CUCUMBERS:

Cucumbers are super nutritious and pack a lot of important nutrients.

- They may help keep your **blood pressure** in check
- They can keep your **digestion** going strong
- Cucumbers are **hydrating**
- They may help **prevent constipation** and **increase regularity**
- They may help **promote a healthy weight**
- Cucumbers may help **regulate diabetes**
- They could help **strengthen your bones**
- They may **boost cardiovascular health**
- They may help **reduce estrogen-related cancer risk**
- Cucumbers can **soothe skin** by easing sunburn pain, swelling, and damaged skin
- They help **combat bad breath**

A raw cucumber is actually 95% water.

The waxy coating of a cucumber can actually remove ink, rubbing the skin over the writing will slowly remove it. And, last but not least, cucumber slices can be rubbed on noisy hinges to lubricate them!

WAYS TO ENJOY CUCUMBERS:

- Eaten fresh
- Pickled
- In salads
- On sandwiches
- Baked for a low-calorie snack
- Stuffed
- Mixed with yogurt to "cool" a spicy dish
- Drink cucumber-infused water



RECIPE: SALT & VINEGAR CUCUMBER CHIPS

Servings: 1 cup | Total time: 2 hours

Ingredients

- 1 large thick-skinned cucumber
- 1 1/2 tbsp. white distilled vinegar
- 1 tsp. kosher salt
- 1/4 tsp. garlic powder

Directions

1. Preheat oven to 225° and lightly grease two large baking sheet with parchment. Using a mandoline or a sharp knife, cut cucumber into slices 1/8" thick.
2. Pat cucumbers dry with paper towels and place in a medium bowl. Add vinegar, salt, and garlic powder and toss to combine.
3. Place cucumbers in an even layer on prepared baking sheets. Bake until dried out, 1 hour and 30 minutes, flipping halfway through. Remove cucumbers from tray as the start to crisp and allow others to keep baking.

