



Notes on Cucumber

Refreshing and cool are two words that describe cucumbers. It does not have a particular flavor but a subtle sweetness that is pleasing on salads and floats well in drinks. The most popular place for a cucumber is in a salad however, it also makes a great drink or dip.

Simple Ideas for Cucumber

- Spread cream cheese on a cracker and top with chunks of cucumber.
- Make refreshing cucumber sticks that children can dip.
- Pour low sodium soy sauce over cucumbers for a cool and salty snack.
- Place slices of cucumbers on your sandwich or burger.

Sliced Cucumber Salad

Recipe by Bertha Kleinschmidt, Country Gardens

- 4 Medium Cucumber; sliced
- 1 Medium Onion; sliced
- 1 ½ cups Miracle Whip
- ½ cup Sugar
- Salt and Pepper to taste
- Vinegar

- Combine Miracle whip, sugar, salt and pepper. Add enough vinegar to make it easy to pour. Add cucumbers and onions. Refrigerate over night.

Sesame Cucumber Salad

Recipe adapted from Lesley Downer and Minoru Yoneda, Step by Step Japanese Cooking

- 1 Cucumber
- 2 tbsp Soy Sauce
- 1tbsp Sesame oil
- 3 tbsp Rice vinegar
- 1 tbsp Sugar
- ¼ tsp Salt
- 1 tsp Toasted Sesame Seeds

- Peel and cut the cucumber in half, lengthwise. Scoop out the seeds and slice into thin slices. Mix the soy sauce sesame oil, rice vinegar, sugar and salt. Pour over the sliced cucumbers. Mix cucumbers and sprinkle with toasted sesame seeds.

Sweet Cucumber Punch

Recipe adapted from Aaron Sanchez, Epicurious

- 3 Cucumber, peeled and cut into chunks
- 3 quarts water Water
- ½ cup Lemon juice
- ¼ cup Sugar, or more
- 1 Lemon sliced
- ½ Cucumber sliced

- Blend the cucumbers until they are pureed. Strain the cucumber juice of its seeds into the large pitcher. Add the remaining water, lemon juice and sugar to taste. Add the lemon and cucumber slices. Chill before serving.