

Cucumber

Storage

Refrigerate uncut in a crisper drawer for up to one week.



Nutrition

Cucumbers are nutrient rich and have both antioxidant and anti-inflammatory benefits. Because of these benefits they can be helpful in reducing the risk of cancer. Pickling cucumbers can improve digestive health by bringing more probiotics into the body.

Preparation

Wash well in cold water and peel skin if desired. Cucumbers are best eaten raw in salads, on sandwiches, or as a snack.

