

Cucumbers



Cucumbers are a wonderfully rewarding crop to grow in your home garden. You can pickle cucumbers or eat them raw in salads.

Nutrition:

Cucumbers are highly nutritious and are a good source of sulfur, silicon, chlorine potassium, sodium, magnesium, and fluorine. They are also said to help aid digestion and constipation. Many people use cucumbers on the skin as a beauty aid as well.

Preparation:

- Wash the cucumber. Cucumbers are grown in the ground, and are covered with dirt and chemicals that need to be cleaned off.

Storage:

- Refrigerate the cucumber on the top shelf. This is the warmest part of the refrigerator and the best place to store cucumbers. You can also place them in a bowl and set in the refrigerator.
- Keep cucumbers away from apples, pears or other fruits that have ethylene. This makes the cucumber taste bad.
- Leave the cucumbers in the refrigerator until you are ready to eat them.

Read more: [How to Store Cucumbers | eHow.com](http://www.ehow.com/how_2266566_store-cucumbers.html#ixzz0uoPIntMX) http://www.ehow.com/how_2266566_store-cucumbers.html#ixzz0uoPIntMX



Recipes

EASY TOMATO/CUCUMBER SALAD

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- 1 tomato
- 1/2 cucumber, peeled
- 1 cup mayonnaise
- 1/4 cup sour cream
- dill to taste

Dice tomato and cucumber into small cubes of desired size.

Combine all ingredients in a salad bowl.

Refrigerate for at least 45 minutes, then serve.

PICKLED CUCUMBER SLICES

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- 2 med. cucumbers, thinly sliced
- 1 tbsp. chopped chives
- 1 med. red onion
- 1/2 c. tarragon vinegar
- 1/3 c. salad oil
- 1/4 c. sugar
- 1/2 tsp. salt

Arrange alternate layers of cucumber and onion slices in shallow salad bowl. Sprinkle with chives.

Combine remaining ingredients; heat to boil to dissolve sugar; cool; pour over vegetables. Cover and chill until ready to serve. Serves 6.

COOL CUCUMBER SALAD

- 2 green peppers
- 2 cucumbers
- 1 sm. onion
- 1 (24 oz.) carton sm. curd cottage cheese
- 2 c. salad dressing
- 1 (6 oz.) pkg. lemon gelatin
- 1 1/3 c. boiling water

Dissolve the lemon gelatin in boiling water. Set aside. Meanwhile, finely chop the green peppers, cucumbers and the onion. When the gelatin has cooled to lukewarm, add cottage cheese and salad dressing. Mix together with a spoon. Once this is complete, mix in the chopped vegetables. Finally, put the mixture in a 9x13 dish and chill until gelatin sets.