



Cucumber, English

- **Flesh Description:** Crunchy, light green with seeds
- **Outside Coloring:** Dark green
- **Usage:** Good for salads, sandwiches, relish, vegetable platter, salsa, and soups.
- **Skin Texture:** Smooth

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, Mexico, USA

Receiving Information:

- **Pitting; water-soaked spots; decay:** Indication of chill injury - chill injured cucumbers will decay rapidly after they are brought out of storage.
- **Shriveling:** Storing cucumbers in an area with low humidity will promote shriveling - maintain humidity.
- **Soft, sunken ends; loose seed cavity:** Indication of over mature product - be sure to inspect cucumbers carefully upon arrival.
- **Yellowing; softening:** Indication of ethylene exposure and storage at high temperatures. Keep cucumbers away from ethylene-producing produce an ripening rooms.
- **Odor Producer:** No
- **Ripens After Harvest:** No
- **Mist:** No
- **Odor Sensitive:** No
- **Use:** Cucumbers are most often used in salads and vegetable trays.
- **Refrigeration:** Never freeze cucumbers or keep them in the coldest areas of the fridge. They will soften and become mushy.
- **Selection:** Select firm, unblemished cucumbers that are rounded at the tips and heavy for their size. Reject any products with soft spots or withered ends.
- **Washing:** Waxed cucumbers should be thoroughly washed or peeled before serving.
- **Storage:** Wrap or store unwashed cucumbers in plastic and keep in crisper until ready to use. Any unused portion of a cut cucumber should be wrapped tightly in plastic wrap and refrigerated.

Storage/Handling:

- **Ethylene Producer:** No
- **Ethylene Sensitive:** Yes
- **Water Sprinkle:** No

Nutrition Facts

Serving Size: 1 cup sliced

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 14		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 2mg		0%
Total Carbohydrates 3g		2%
Dietary Fiber 1g		3%
Sugars 2g		
Protein 1g		2%
Potassium 162mg		3%
Vitamin A 1%	Vitamin C 5%	
Calcium 2%	Iron 1%	

*Percent Daily Values are based on a 2,000-calorie diet.