



# Cucumber

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Canada, Dominican Republic, Honduras, 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 in ripening rooms.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- 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.

- Flesh Description: Crunchy, light green with seeds
- Outside Coloring: Dark green
- Usage: Good for salads, sandwiches, relish, vegetable platter, salsa, and soups.
- Taste: Slightly bitter, depending on amount of seeds - fewer seeds will yield a less bitter cucumber
- Skin Texture: Smooth

## Nutrition Facts

### Serving Size: 1 cup sliced

Amount Per Serving

Calories 14	Fat Calories
% Daily Value*	
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.