

cucumbers

While most people think of cucumbers as a vegetable, they are actually a fruit. They contain seeds and grow from the ovaries of flowering plants. Cucumbers are members of the plant family Cucurbitaceae, which also includes squashes and melons.



How do cucumbers grow?

Cucumbers grow on vines in fields or greenhouses. In greenhouses, the cucumber plants are strung up so they grow vertically to save space and grow a healthy crop. Workers go through the crops three or four times a week, winding string around the stem and pruning out extra growth so the plant focuses on growing cucumbers rather than leaves.

Check out this 2-minute video on Growing Greenhouse Cucumbers from Canadian Food Focus - <https://canadianfoodfocus.org/on-the-farm/growing-greenhouse-cucumbers/>

Where did cucumbers come from?

Cucumbers originated in India, where they have been grown for at least 3,000 years. Records of cucumber growing appear in France in the 9th century, England in the 14th century, and in North America by the mid-16th century.

Joke Corner

Q. Where do cucumbers go for a date?

A. The salad bar

Q. How does a cucumber become a pickle?

A. It goes through a jarring experience

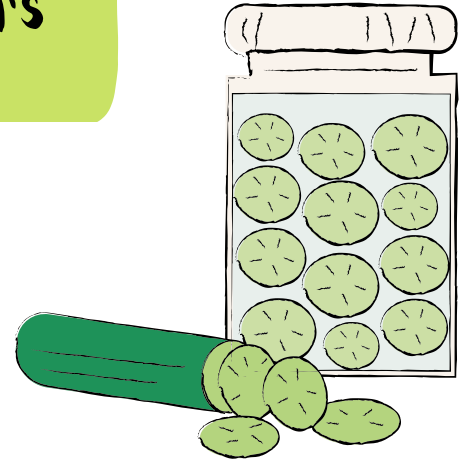
Let's Get Cooking!

Refrigerator Pickled Cucumbers

Makes 1 pint

Ingredients

- 2/3 cup **vinegar** (any type)
- 1/3 cup **water**
- 1 teaspoon **salt**
- 2 to 4 teaspoons **sugar**
- 1 to 2 Tablespoons **seasonings** (see **Notes**)
- 1 1/2 cups **cucumber slices**



Directions

1. In a small saucepan, heat the vinegar, water, salt and sugar until the mixture simmers. Stir until the salt and sugar are dissolved and remove from heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely together. Leave about 1/2 inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.

NOTES:

- Ideas for **fresh seasonings**: basil, cilantro, dill, garlic, ginger, hot pepper, onion, oregano, thyme.
- Ideas for **dry seasonings**: bay leaf, celery, cumin or dill seed, dried chili, peppercorn, pickling spice, tumeric
- Try this: 1 clove garlic, 1/8 teaspoon red pepper flakes and 1 teaspoon dill seed

Accessed from: <https://foodhero.org/recipes/refrigerator-pickled-cucumbers>

Did you know?

Few foods, as they say, are as cool as a cucumber. Cucumbers are 95% water. This makes cucumbers a great way to stay hydrated, especially in the summer.

How much of the human body is water?

- a. 20%
- b. 50%
- c. 60%

Answer: c - more than half of the human body is water.
Getting enough water helps keep you hydrated.