

## CUCUMBERS

Cucumbers are mainly water and once they are harvested they tend to shrivel very fast (for this reason, most commercial cucumbers are sold waxed). Cucumbers help replenish the fluids & minerals we lose during the hot summer months. Cucumbers can be an effective skin conditioner because they are high in vitamin E.

### **Storage Tips**

- Store cucumbers in the hydrator drawer of your fridge for up to 1 week.
- Sliced cucumbers deteriorate very quickly.

### **Culinary Tips**

- Add cucumber slices to a sandwich.
- Toss sliced cucumbers with plain yogurt or mayo, fresh dill or dried & salt & pepper.
- Toss sliced cucumbers with your favorite vinaigrette dressing.

### **Chilly Dilly Cucumbers**

2 or 3 peeled and seeded cukes  
1/2 teaspoon salt  
1/2 teaspoon sugar  
2 tablespoons rice wine vinegar or cider vinegar  
2 tablespoons chopped fresh dill or 1 tablespoon dried dill weed  
1/2 cup or more chopped scallion tops or about 1/4 cup of very thinly sliced onion  
1/2 cup sour cream or 1/2 cup yogurt plus 3 teaspoons olive oil  
Fresh ground black pepper

Dissolve the salt and sugar in vinegar in a medium sized mixing bowl. Add the vinegar, dill, onion, sour cream or yogurt and pepper. Mix together. Toss the cukes in the dressing and refrigerate for at least an hour or two. This salad does taste better with age. It may become slightly watery in which case just needs a quick mixing. You may want to add a crank of salt just before serving.

From *Julie Ulmer*

### **Cucumber, Tomato and Bean Salad**

2 medium to large cucumbers  
2 or 3 medium tomatoes  
1 cup pinto, pink or black beans  
3 tablespoons finely chopped onion or scallions  
2 tablespoons olive oil  
2 teaspoons red wine vinegar  
1 teaspoon sugar  
1 teaspoon cumin powder  
1 1/2 teaspoons salt  
fresh ground black pepper to taste

Peel cukes, quarter, remove seeds and dice strips. Core tomatoes and roughly chop. Add cukes, tomato, beans and the remaining ingredients to a large mixing bowl. Refrigerate, letting flavors develop for at least an hour before serving. From *Julie Ulmer*