



# Cucumber

**Lakota: kunḱuṇ**

## Pick it!

Cucumbers range from 2 inches to 1 foot in length.

Select firm cucumbers, no soft spots and even bright green color. Do not choose cucumbers with yellow spots.

Avoid bulging cucumbers that likely are filled with large seeds and tasteless flesh.

Store bought cucumbers are waxed to hold moisture. Refrigerate in plastic bag for up to 3 days.

Slicing and seedless cucumbers are used fresh in salads or on vegetable platters.

Rinse under cold water to remove waxy coating, slice as desired.

## Try it!

Skins can be left on or peeled before eating; removing skin removes fiber and vitamin A.

To pickle, place whole cucumbers or slices in a clean, hot canning jar. Pour in hot vinegar and seasonings (vary based on the recipe). Remove air bubbles; screw the lid in place and refrigerate for six weeks before eating.



## Types of Cucumber

**Slicing:** most common, can be eaten raw or pickled

**Pickling:** grown specifically to be pickled, less bitter, smaller, fewer seeds

**Seedless:** Full size and mini varieties



## Did you know...

Cucumbers are full of water. Water moves nutrients and wastes in the body. Water is part of the bodies cooling system and balances the acid-base ratio.



**Like it!**

## Thai Cucumber Salad

### Ingredients

- ¼ cup sugar
- 1 teaspoon salt
- ½ cup white vinegar
- 4 cucumbers, sliced lengthwise, seeded
- 1-2 green onions, thinly sliced
- 10- whole cilantro leaves or 1 teaspoon dried cilantro leaves
- ¼ cup red pepper, cut into 1-inch strips

### Directions

1. Combine sugar, vinegar, and salt
2. Heat mixture in a small saucepan until the sugar is dissolved, about 5 minutes. Don't boil.
3. Place saucepan in cold water so the mixture cools.
4. Combine cucumbers and green onions in a bowl.
5. As soon as it is cool enough, pour over the cucumbers and green onions and place red peppers on top.

Yield 4 servings

### Nutrition Facts per Serving:

Calories 80; Fat 0mg; Cholesterol 0mg; Sodium 590mg;  
Carbohydrates 18mg; Sugar 16g; Fiber 2g; Protein 1g

## Cucumber Yogurt Dip

### Ingredients

- 2 cups yogurt (plain, low fat)
- 2 medium cucumbers
- ½ cup non-fat sour cream
- 1-Tablespoon lemon juice
- 1-Tablespoon fresh dill
- 1 garlic clove (chopped)
- 1-cup cherry tomatoes
- 1-cup broccoli florets
- 1-cup baby carrots

### Directions

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Yield 6 servings

### Nutrition Facts per Serving:

Calories 95; Fat 2g; Cholesterol 7mg; Sodium 116mg;  
Carbohydrates 15g; Sugar 9g; Fiber 2g; Protein 6g

*Lakota word translate by Jeshua Estes*

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