



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Cucumber

Lakota: kunjúŋ



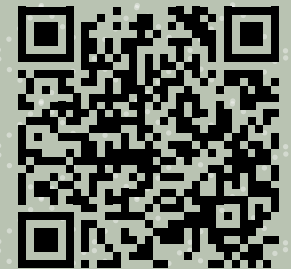
Pick it!

Select firm cucumbers with no soft spots and an even, bright green color.

Try it!

Sliced and seedless cucumbers can be used in salads or on vegetable platters.

Like it!



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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Cucumber

Lakota: kunkún

Pick it!

Cucumbers range from 2 inches to 1 foot in length.

Select firm cucumbers no soft spots and an 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.



Try it!

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

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

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



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 body's 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 and Herb Dip

Ingredients

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

Directions

1. Peel, seed and grate 1 cucumber. Slice the other cucumber and set aside.
2. In a bowl, mix yogurt, grated cucumber, sour cream, lemon juice, dill and garlic. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli and carrots on a colorful platter.
4. Serve platter with cucumber dip.

Yield 6 servings

Nutrition Facts per Serving:

Total Calories 94; Total Fat 2g, Saturated Fat 1g; Cholesterol 7mg; Sodium 109mg; Carbohydrates 15g, Dietary Fiber 2g, Total Sugars 9g, Added Sugars included 0g; Protein 6g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
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**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Cucumber

Lakota: kunjúŋ

- Select firm cucumbers with no soft spots.
- Should have an even green color with no yellow spots.
- Avoid bulging cucumbers – often have large seeds and tasteless flesh.
- Store-bought cucumbers are waxed to hold moisture.
- Rinse under cold water to remove waxy coating and dirt, slice as desired.
- Skins can be kept or peeled before eating; removing skin removes fiber and vitamin A.
- Cucumbers are often sliced and used in salads or vegetable platters.

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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.

Yields 4 servings.

Nutrition Facts per Serving:

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

Cucumber Yogurt and Herb Dip

Ingredients

- 2 cups low-fat yogurt, plain
- 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

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

Yield 6 servings

Nutrition Facts per Serving:

Total Calories 94; Total Fat 2g, Saturated Fat 1g; Cholesterol 7mg;
Sodium 109mg; Carbohydrates 15g, Dietary Fiber 2g, Total Sugars 9g,
Added Sugars included 0g; Protein 6g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Cucumbers

In season:



Summer

Lakota: kunḱuŋ

Sampling Display Instructions

Thai Cucumber Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Sugar	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup
Salt	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoon
White wine vinegar	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Cucumbers, sliced lengthwise, seeding	2-3	4	6
Green onions, thinly sliced	1	1-2	2-3
Whole cilantro leaves or dried	8 whole leaves or $\frac{3}{4}$ teaspoon dried	10 whole leave or 1 teaspoon dried	15 whole leaves or 1 $\frac{1}{2}$ teaspoon
Red pepper, cut into 1-inch strips	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup

Directions:

1. Wash cucumbers, green onions and red pepper. Slice cucumber lengthwise into quarters and remove seeds. Cut into 1-inch pieces for sampling. Thinly slice green pepper. Combine cucumber and onion into a bowl.
2. Remove seeds from red pepper and cut into thin strips and into 1-inch pieces. Set aside. Combine sugar, vinegar and salt. Heat mixture in a small saucepan until sugar is dissolved, about 5 minutes. Don't boil.
3. Place saucepan in cold water so the mixture cools.
4. As soon as the mixture is cool enough, pour over the cucumbers and green onions and place red peppers on top.
5. Transport to the destination in an airtight container stored in a cooler over ice.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates/cups, utensils
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=bezam-mO--2U



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- When serving samples, ensure that all vegetables are included. Place only a few samples out at a time using small plates/cups; provide utensils. Ask parent's permission before children may sample.
- Ask them if they use cucumbers often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is a great side dish for any meal.
- Lakota word translated by Jeshua Estes.

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Cucumbers

In season:



Summer

Lakota: kunḱún

Sampling Display Instructions

Cucumber Yogurt and Herb Dip

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Plain yogurt, low fat	1 ½ cups	2 cups	3 cups
Cucumber, medium	2	2	3
Sour cream, non-fat	6 Tablespoons	½ cup	¾ cups
Lemon juice	2 ¼ teaspoons	1 Tablespoon	1½ Tablespoons
Fresh dill	2 ¼ teaspoons	1 Tablespoon	1 ½ Tablespoons
Garlic clove, minced	1	1	2
Cherry tomatoes	¾ cup	1 cup	1 ½ cups
Broccoli florets	¾ cup	1 cup	1 ½ cups
Baby carrots	¾ cup	1 cup	1 ½ cups

Directions:

1. Peel, seed and grate one cucumber. Slice the other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for 1 hour.
3. Wash and cut tomatoes, cucumbers, broccoli and carrots into bite size pieces for samples.
4. Store in airtight container. Transport in a cooler and keep on ice.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic utensils
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/play-list?list=PLldDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Place 1-2 vegetables in cup with a Tablespoon of the dip. Place only a few samples out at a time, provide utensils. Ask parent's permission before children may sample.
- Ask them if they use cucumbers often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is a great side dish for any meal.
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