



# Kentucky Cucumber

**Season:** June–September

**Nutrition Facts:** Cucumbers are naturally high in water, and a ½-cup serving contains only 7 calories.

**Selection:** Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers have small, black spines on the surface.

**Storage:** Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

**Preparation:** Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center.

**For pickling:** Follow recipe instructions. Four pounds of cucumbers yield 5 to 6 pints of pickles.

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## Dilled Cucumber Salad

2 peeled and seeded cucumbers,  
diagonally sliced

2 tablespoons sugar

¼ cup apple cider vinegar

Salt, to taste (optional)

2 tablespoons fresh dill, chopped

Black pepper, to taste (optional)

Place the cucumbers in a bowl. In a small bowl, stir the sugar, salt, and vinegar together until sugar is dissolved. Toss with the cucumbers. Add the pepper and dill. Serve immediately or store covered in the refrigerator for up to 4 hours.

Yield: 8 (¼-cup) servings.

*Nutritional Analysis: 15 calories, 4 g carbohydrates, 30 mg sodium.*

Prepared by Pam Sigler. Adapted from Vegetables for Wellness: Kentucky Cucumber (FSHE-11), Sandra Bastin, Ph.D., R.D. L.D., Food and Nutrition Specialist.

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