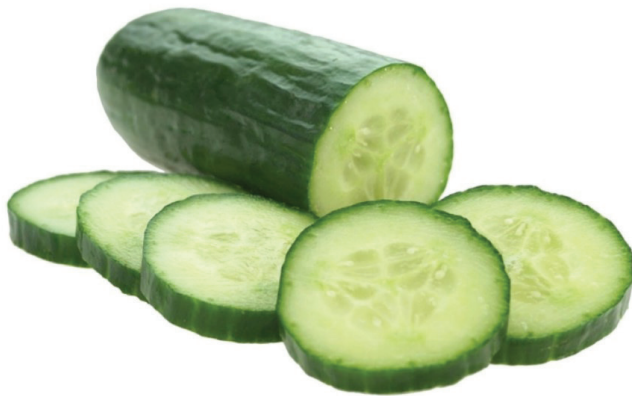


Cucumber Pepino



Try It!



Selection

When purchasing cucumbers they are going to be dull green color, except when purchasing at a supermarket then they have a covering of edible wax to help protect them from moisture loss. This wax gives them an unnatural sheen.

Uses

Cucumbers add a crisp snap to salads and sandwiches, but are not a very good source of nutrients. There is a small amount of beta carotene found in the green peel.

CUCUMBER LEMON WATER

Ingredients

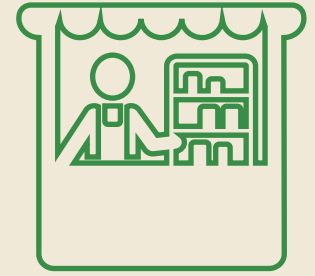
- 1/2 Cucumber, thinly sliced
- 1 Lemon (remove the rind and slice)

Instructions

1. Wash all produce
2. Collect, slice, and measure all ingredients before starting the prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher.
4. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink.
5. The fruit will stay fresh in the water for up to 48 hours after being prepared.
6. After you drink the water, you can eat the fruit or blend it into a smoothie

History & Fun Facts

Cucumbers are often times soaked in salt water to rid them of their naturally high water content. Cucumbers can be stored for up to three (3) days in loose or perforated plastic bags. The only natural way to preserve cucumbers is by pickling them.



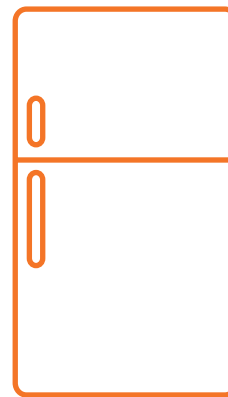
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Scrub firm produce, like cucumbers with a vegetable brush to clean
- Do not use soap or commercial vegetable washes to wash produce
- Always store vegetables and fruits separately
- All fruits and vegetables should be stored in a clean, cool refrigerator.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Sodium free
- _____ Good source of beta carotene
- _____ Good source of Calcium



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; Recipe: whatscooking.fns.usda.gov

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.