

## FOOD PREPARATION STEPS



1. Wash cucumber thoroughly under running water.



2. Slice cucumber into 1/4" rounds. You may also make cuts at an angle for larger pieces.

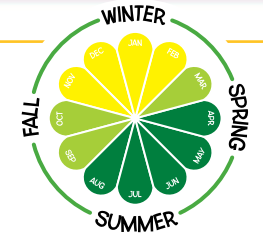


Cucumber peels contain vitamin E, so should be left on if not waxed. Waxed cucumbers should be peeled prior to slicing.

*Indian raita or Greek tatziki are easy to make with students. Mix grated or chopped cucumber into plain yogurt with garden-grown dill or mint, a squeeze of lemon juice, and a pinch of salt.*



*Cucumbers contain several vitamins and minerals the body needs: B vitamins, folic acid, vitamin C, calcium, iron, magnesium, phosphorus, potassium, and zinc. They also provide silica, which promotes joint health.*



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Cucumbers are grown in Hawai'i March through October, with peak growth during summer months.
- Select cucumbers that are dark green, firm, and have no soft or spongy spots. Very large, puffy, or shriveled cucumbers should be avoided.
- Cucumbers should be stored in the refrigerator for up to one week.
- Cucumbers do not need to be peeled unless they are waxed. Since cucumber peels contain vitamin A, choose unwaxed produce.

*\*Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at [www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.