



HARVEST OF THE MONTH

AUGUST: CUCUMBERS

Pick Cucumbers

SELECT

Select cucumbers that are firm and dark green in color. Cucumbers are in season in Wisconsin July to September

STORE

Refrigerate and use within 1 week

USES

Add cucumbers to pasta salads for a cool crunch

Pair with tomatoes and feta for a simple salad

Use cucumber slices instead of crackers or bread

Nutrition

Cucumbers are 96% water

Cucumbers have potassium. Potassium helps maintain normal blood pressure and is important for the heart and kidneys.

Keep the skin on for extra nutrients.



Taste Testing

Select several varieties of cucumbers to try. Different types of cucumbers include English, Slicing, or Persian.



Extension
UNIVERSITY OF WISCONSIN-MADISON



Recipe: Cucumber Salsa

Ingredients

2 cups cucumber, seeds removed and finely chopped (1 large cucumber)
1/2 cup tomato, seeds removed and finely chopped (1/2 medium tomato)
1/4 cup onion, finely chopped (1/4 medium onion)
1/4 cup pepper, finely chopped
1 garlic clove, minced
1/4 cup sour cream
1 1/2 teaspoons lemon juice
1 1/2 teaspoons lime juice
1/4 teaspoon ground cumin
1/4 teaspoon salt



Instructions

- Stir cucumber, tomato, onion, pepper, and garlic together in a medium bowl.
- Stir sour cream, lemon juice, lime juice, ground cumin, and salt together in a small bowl. Pour over cucumber mixture. Stir until vegetables are evenly coated with the dressing.

<https://spendsmart.extension.iastate.edu/recipe/cucumber-salsa/>



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