

KEWEENAW GROWN FOOD

CUCUMBERS



PEAK SEASON

Mid summer through early fall.

HOW TO SELECT & STORE

Avoid cucumbers that are shriveled or bulging in the middle. Overripe cucumbers (large seeds and watery flesh) tend to have poor taste. Bruises and dark spots are signs of decay.

Whole, unwashed cucumbers can last 10 days in a refrigerator. Store cucumbers in the front of the refrigerator, as they are sensitive to cold.

HEALTH BENEFITS

One cup of sliced cucumbers provides 15 calories and is a good source of Vitamin K. Cucumbers are 95% water, so consuming cucumbers supports hydration and can promote fullness.



WAYS TO USE

Savory - Diced cucumber can be added into salsa. Choose a small cucumber for less bitter skin or peel the skin if large. Cukes can be blended into a cold style soup (search cucumber gazpacho recipes online for some ideas). Marinate with other veggies for a quick summer salad.

The longer it sits, the better it'll taste! You can also add cucumber to your water for a refreshing flavor.



PHFoundation

KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD