



Fresh **cucumbers** add crunchy texture and cool flavor to salads and sandwiches; they may also be steamed or sauteed and eaten as a vegetable. **Cucumbers**, hot or cold, have a particular affinity for fish and are often used to garnish salmon dishes. In Japan, cooks use **cucumbers** in sushi and cold salads, and in England there is a long standing tradition among royalty and the well to do to serve **cucumber** sandwiches with tea.

Idaho **cucumbers** are available in the summer months and can often be found at grocery stores, farmers markets and road side produce stands. When choosing your **cucumber** you should look for a firm **cucumber** without soft spots. They should have a solid green color without signs of yellowing or puffiness. Fresh **cucumbers** can be stored for up to one week in the refrigerator before getting soft or moldy.

Cucumbers are very nutritious, providing a good source of vitamin C, vitamin K, and potassium. **Cucumbers** also have a long folk history as a secret recipe for beauty, and as it turns out modern medicine has discovered that **cucumbers** have astringent properties. Astringents are good for sunburns, acne, tightening pores, and smoothing skin.

