

Cucumber Information Sheet

Today's Farm to School Snack features local cucumbers!

While cucumbers originated in India, the cucumbers you
will be trying today were grown locally at:

in

How Does It Grow?

English cucumbers are long, smooth, and evenly shaped with a dark green color and very few seeds. Cucumbers are grown outdoors in the summer months and in greenhouses all year round. In the greenhouse, they grow in a controlled environment with the right amount of water, nutrients, and light. English cucumbers are extremely thin-skinned, so once harvested, they are shrink-wrapped in plastic to minimize moisture loss. Cucumbers can be enjoyed raw, in salads and sandwiches, and as pickles.



Fun Facts

- Cucumbers are actually a fruit.
- "Cool as a cucumber" is more than just a saying. The inside of a cucumber can be as much as 8 degrees cooler than the air around it!
- Pressing a slice of cucumber to the roof of your mouth can help destroy the bacteria that causes bad breath!

Around the World

Cucumbers have been cultivated for over 3,000 years, originating in India and gradually spreading to Asia, the Middle East, Europe, and North America. The practice of pickling cucumbers also began in India, where it was discovered that it could extend the freshness of cucumbers and other vegetables. Pickles are cucumbers soaked in salty water or vinegar. This technique also spread to other ancient civilizations.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include cucumber.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this refreshing snack!

Find more resources at www.nourishns.ca