

# OREGON CUCUMBERS

In Oregon, cucumbers are in season from July to October.

Cucumbers belong to the plant family that includes all types of squash and melons.



The cucumber is a low-calorie food, with only 10 calories in a serving.

## NUTRIENTS FOUND IN CUCUMBERS

- ~ The cucumber's very high water content makes it good for hydration and digestion.
- ~ Cucumbers contain vitamins C and K and potassium.
- ~ The phytochemicals in cucumbers help cells stay healthy.

Cucumbers were first grown in India at least 3,000 years ago. Today there are over 120 different varieties grown around the world.



Cucumbers grow on long vines that love warm soil and regular watering. Cucumbers depend on bees to pollinate their flowers.



Cucumbers can range in size from less than 1 inch long to 20 inches or more.



The refreshing flavor and crunch of cucumbers is usually enjoyed fresh or pickled.

