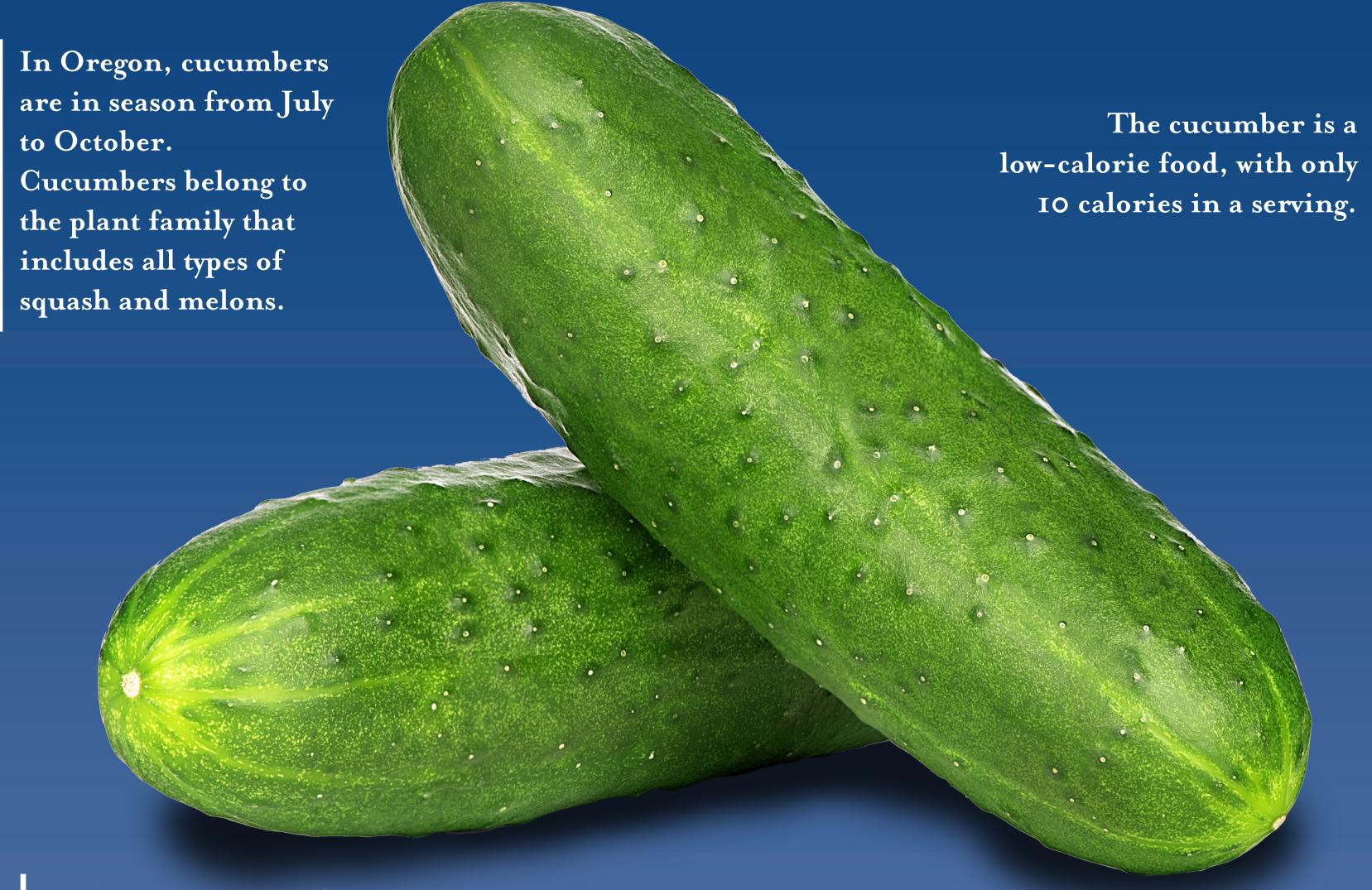
OREGON CUCUMBERS



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 I inch long to 20 inches or more.



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





This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.