Cucumber Basics

Shop and Save

- The most common types of cucumbers can be found in grocery stores year round.
- Choose cucumbers that are firm and evenly colored. Avoid those with scars or soft spots.
- Cucumbers of different shapes, sizes and colors can be found in season at farmers' and specialty markets. In Oregon, this is usually July to October.

Cucumbers store best in a cool place (55 degrees F) in a bag with air flow. If refrigerating, keep up front to protect from over-chilling. Use within a week.

Cucumbers are full of water, for good hydration and digestion.

Some Types of Cucumbers

Slicing – most common in grocery stores and good for eating fresh. Usually 6 to 9 inches long with thick skin.

Persian or Cocktail – found in some stores (wrapped in plastic) and good for eating fresh. Usually 4 to 6 inches long with thin skin.

Pickling – common at farmers’ markets and best for fermented or canned pickles but also good for eating fresh. Usually 4 inches long with thin and knobby skin.

- Cucumbers belong to the same plant family as squash and melons.

This material was funded by 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 Safe Net at 211. USDA is an equal opportunity provider and employer.

2021 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran’s status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:facebook | Pinterest | Instagram
Cucumber Yogurt Dip

**Ingredients:**
- 1 small cucumber, peeled, seeded and finely diced or grated (about ½ cup)
- 1 cup nonfat or low-fat plain Greek yogurt
- ¼ to ½ teaspoon garlic powder or 1 to 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ to ½ teaspoon dried mint or dill or 1 Tablespoon chopped fresh mint or dill
- ¼ teaspoon pepper (optional)
- 1 Tablespoon lemon juice or white vinegar (optional)

**Directions:**
1. In a medium bowl, mix all ingredients together.
2. Chill in the refrigerator until serving.
3. Taste and add more seasoning as desired.
4. Refrigerate leftovers within 2 hours.

**Notes:**
- For a chunkier dip, add more cucumber.
- Makes 1¼ cup
- Prep time: 15 minutes

---

Refrigerator Pickled Cucumbers

**Ingredients:**
- ¼ cup vinegar (any type)
- ½ cup water
- 1 teaspoon salt
- 2 to 4 teaspoons sugar
- 1 to 2 Tablespoons seasonings (see Notes)
- 1½ cups cucumber slices

**Directions:**
1. In a small saucepan, heat the vinegar, water, salt and sugar until the mixture simmers. Stir until the salt and sugar are dissolved and remove from the heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely. Leave about ½ inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.

**Notes:**
- Ideas for fresh seasonings: basil, cilantro, dill, garlic, ginger, hot pepper, onion, oregano, thyme
- Ideas for dry seasonings: bay leaf, celery, cumin or dill seed, dried chile, peppercorn, pickling spice, turmeric
- Try this: 1 clove garlic, ⅛ teaspoon red pepper flakes and 1 teaspoon dill seed.
- Makes 1 pint
- Prep time: 20 minutes
- Chill time: 1 to 3 days

**Kids Can!**
- When kids help make healthy food, they are more likely to try it.
- Show kids how to:
  - scrub cucumbers under running water.
  - safely peel cucumbers using a vegetable peeler.
  - measure and mix ingredients.
  - arrange a plate of colorful vegetables.