



## Cucumber

### How to Prepare

Cucumbers are a great addition to your garden, and to your kitchen. Originally from South Asia, these delicious veggies have been adopted into modern cuisine across most of the world. From Greek salads and garlic-heavy tzatziki to Indian yogurt sauces, cucumbers pair well with a huge range of herbs, spices, and other vegetables. In North America, the most common varieties are seedless English cucumbers, traditional field cucumbers, and small mini cucumbers, often used in pickling.

For a photo tutorial on slicing cucumbers, see: [www.wikihow.com/Slice-a-Cucumber](http://www.wikihow.com/Slice-a-Cucumber)

Supermarket cucumbers are normally sold either wrapped in plastic, or coated in food-safe wax. Like all fresh fruits and vegetables you are strongly encouraged to wash fresh cucumbers under cool water before using. To store fresh picked cucumbers simply wash them, then wrap each cucumber in a paper towel. Store the wrapped cucumbers in the fridge for up to a week.

### Try Using Cucumber:

- In salads with tomato;
- In tzatziki or yogurt dips;
- Made into salsa or relish;
- On a veggie tray with dip;
- In spicy Thai salads;
- Made into pickles;
- As the base for appetizers;
- In California (sushi) rolls;
- In fresh Vietnamese spring rolls;
- In sandwiches or on toast;
- In cold soups with melon;
- In infused water (with mint);
- In smoothies and fresh juices.

### Nutrition Highlights

- Very high in Vitamin C & K;
- A source of magnesium;
- A source of manganese;
- A source of potassium;
- Very low calorie.

<b>Nutrition Facts</b>		
Serving Size 100 grams (100 grams)		
Amount Per Serving		
<b>Calories</b> 15	Calories from Fat 1	
% Daily Value*		
<b>Total Fat</b> 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 2mg	0%	
<b>Total Carbohydrate</b> 4g	1%	
Dietary Fiber 0g	2%	
Sugars 2g		
<b>Protein</b> 1g		
Vitamin A	2% • Vitamin C	5%
Calcium	2% • Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Recipe: Cucumber Tzatziki Sauce

### Ingredients

1 cup plain Greek yogurt  
1 small cucumber or ½ a large one  
3 garlic cloves  
1 tbsp lemon juice  
1 tbsp fresh mint or dill  
½ tsp salt  
pepper to taste

### Instructions

1. Grate cucumber using a box grater or food processor.
2. Take grated cucumber and squeeze as much extra liquid from it as you can using your hands or squeezing through cheesecloth. Discard liquid.
3. Place drained cucumber and all other ingredients back into the food processor and blend to combine. If you do not have a food processor, chop remaining ingredients finely and mix in a large bowl.

The flavours taste better after given time to blend, so let the tzatziki chill in the refrigerator for at least an hour.

If you don't have Greek yogurt or would prefer to make your own, place plain regular yogurt in either cheesecloth or a coffee filter, set in a sieve or colander and let the water drain from it for 2-3 hours, resulting in a thicker, richer yogurt.

Tzatziki is delicious as a dip, as a condiment on wraps, burgers or cut up vegetables and as a special treat, on roasted meats like lamb, pork and chicken.

Experiment with the fresh herbs and citrus to suit your taste. Cilantro and lime, or coriander and orange are both delicious alternatives for this dip.

For extra depth, add a sprinkle of ground cumin, chili powder, or your favourite hot sauce or chili paste.