



# **HARVEST OF THE MONTH**

## **AUGUST: CUCUMBERS**

### **Pick Cucumbers**

#### **SELECT**

Select cucumbers that are firm and dark green in color. Cucumbers are in season in Wisconsin July to September

#### **STORE**

Refrigerate and use within 1 week

#### **USES**

Add cucumbers to pasta salads for a cool crunch

Pair with tomatoes and feta for a simple salad

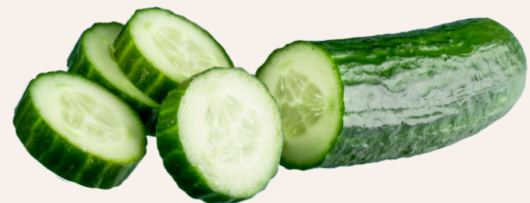
Use cucumber slices instead of crackers or bread

### **Nutrition**

Cucumbers are 96% water

Cucumbers have potassium. Potassium helps maintain normal blood pressure and is important for the heart and kidneys.

Keep the skin on for extra nutrients.



### **Taste Testing**

Select several varieties of cucumbers to try. Different types of cucumbers include English, Slicing, or Persian.



Extension  
UNIVERSITY OF WISCONSIN-MADISON





## Recipe: Cucumber Salsa

### Ingredients

2 cups cucumber, seeds removed and finely chopped (1 large cucumber)  
1/2 cup tomato, seeds removed and finely chopped (1/2 medium tomato)  
1/4 cup onion, finely chopped (1/4 medium onion)  
1/4 cup pepper, finely chopped  
1 garlic clove, minced  
1/4 cup sour cream  
1 1/2 teaspoons lemon juice  
1 1/2 teaspoons lime juice  
1/4 teaspoon ground cumin  
1/4 teaspoon salt



### Instructions

- Stir cucumber, tomato, onion, pepper, and garlic together in a medium bowl.
- Stir sour cream, lemon juice, lime juice, ground cumin, and salt together in a small bowl. Pour over cucumber mixture. Stir until vegetables are evenly coated with the dressing.

<https://spendsmart.extension.iastate.edu/recipe/cucumber-salsa/>

