

South Carolina



Farm



to



School

Palmetto Pick of the Month: CUCUMBERS

OCTOBER



DESCRIPTION

Cucumbers, long and typically dark green skinned, “vegetables” are actually fruits. Cucumbers are divided into two categories: slicing and pickling. They can be killed by light frost, therefore they grow best before the first frost in South Carolina.

Information from:

<http://www.toastevents.ca/blog/2015/5/27/as-cool-as-a-cucumber>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1309.html>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=42>

<http://www.foodnetwork.com/recipes/food-network-kitchens/cucumber-infused-water.html>

<http://www.livescience.com/51000-cucumber-nutrition.html>

HISTORICAL FACTS

Cucumbers are native to many parts of the world!

The first cucumbers originated in Western Asia.

They have also been mentioned in the

middle-eastern tale, the legend of the Gilgamesh.

The legend of the Gilgamesh is based is what is now Kuwait and Iraq.

HEALTH BENEFITS

Cucumbers have a cooling and soothing effect on the skin. The inflammatory agents are great for the skin when cucumbers are ingested and applied topically!

HARVEST TIPS

To avoid oversized fruit, harvest cucumbers as often as needed. The more the cucumbers are picked, the more the vines produce!



QUOTE

“Cool as a cucumber”

-Laurie Colwin

PALMETTO PICK OF THE MONTH SNACK

Cucumbers are great on their own, or they can be sliced and then added to water for a hint of flavor!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.