8-9-2010

Cucumbers

Brianne Sherwood
Sara Hunt
Crisa Sorenson
Bethany Heineman
Blake Beyers
Ashley Walker Workman

Follow this and additional works at: https://digitalcommons.usu.edu/student_orgfarm

Recommended Citation
Sherwood, Brianne; Hunt, Sara; Sorenson, Crista; Heineman, Bethany; Beyers, Blake; and Workman, Ashley Walker, "Cucumbers" (2010). USU Student Organic Farm Newsletter. Paper 32.
https://digitalcommons.usu.edu/student_orgfarm/32
Greetings from the farm! This week the farm crew took a field trip down to Nibley to visit Penny Trinca’s certified organic farm, First Frost Farm. She gave us a farm tour and we asked loads of questions. Observing how other farms operate is so eye-opening! Penny has a wealth of knowledge when it comes to growing vegetables organically in Cache Valley. We hope to implement many of her ideas and continue learn from her years of experience being a master gardener.

After talking to Penny and other gardeners in the valley, we learned that, in general, this has been a lousy year for carrots and peppers. This made sense because last year we had heaps of carrots and peppers. Good news, though! Our little carrots tops are gradually growing fuller and the peppers are steadily making progress as well. Only time will tell, but we are still rooting for a successful crop this year!

Thank you so much for your support!

Your USU Student Farmers,
Bethany, Sara, Crista, Ashley, Brianne, and Blake

Kitchen Tips

Tired of shriveled squash? Follow these simple steps to add up to 5 days to the life of your squash.

**Plastic bag**: wrap tightly in a plastic bag to reduce respiration as well as helps retain internal moisture.

**Proper Conditions**: store in fridge, preferably in the crisper.

**Protect**: do not wash squash prior to storage because exposure to water will encourage summer squash to spoil.

**Prevent**: handle with care to prevent bruising. Any cell damage can degrade its vitamin content, especially vitamin C.

A Bit About Cucumbers

First cultivated in India 3,000 years ago, cucumbers made their way across the Asia, Europe and finally to the New World with Columbus.

The phrase "cool as a cucumber" is not without merit. This vegetable’s high water content gives it a very unique moist and cooling taste.

Also, no facial would be complete without those classic cosmetic cucumbers plopped over each eye. Call it an old wives beauty trick, but cucumbers are touted to help hydrate the skin and reduce puffiness and swelling under the eyes.

It does your insides good too. Cucumber hard skin is rich in fiber and contains a variety of beneficial minerals such as silica, potassium, and magnesium.
Cucumber Sandwich
from allrecipes.com

Ingredients

2 slices whole wheat bread
2 tablespoons cream cheese, softened
6 slices cucumber
2 tablespoons alfalfa sprouts
1 teaspoon olive oil
1 teaspoon red wine vinegar
1 tomato sliced
1 leaf lettuce
1 ounce pepperoncini (yellow or banana peppers), sliced
½ avocado. Mashed

Spread each slice of bread with 1 tablespoon cream cheese. One slice of bread arrange cucumber slices in a single layer. Cover with sprouts, then sprinkle with oil and vinegar. Layer tomato slices, lettuce, and pepperoncini. Spread other slice of bread with mashed avocado. Close sandwich and serve immediately.

Cucumber and Yogurt Salad
from allrecipes.com

Ingredients

3 cucumbers
2 cloves garlic, minced
Salt to taste
2 tablespoons dried mint (or dill)
1 cup plain yogurt
1 tablespoon olive oil

Peel, quarter length wise, and seed cucumber. Slice thinly. Layer cucumber slices in a salad bowl, sprinkling each layer lightly with salt. Let stand for 30 minutes. Pour off the liquid that has formed, pressing cucumber firmly. Crumble mint over cucumbers. Beat yogurt until smooth; blend in a drizzle of olive oil if desired. Pour over cucumbers. Refrigerate until thoroughly chilled.

Cucumber and Tomato Salad

2 tomatoes, chopped
1 cucumber, peeled and diced
1/4 -1/2 red onion, chopped
1 tablespoon lemon juice
1 tablespoon olive oil
1-2 tablespoons fresh basil, chopped
1-2 tablespoons fresh parsley, chopped (optional)
Salt and pepper to taste

Combine tomatoes, cucumbers, and onions, basil parsley in a salad bowl. Drizzle with olive oil. Season with salt and pepper. Sprinkle with lemon juice. Chill.

Chilled Cucumber Soup

2 tablespoons olive oil
½ onion, chopped
2 teaspoons garlic, minced
2 cucumbers, peeled, seeded and chopped
1 cup vegetable broth
½ cup milk
2 tablespoons soy sauce
1 teaspoon dried parsley
1 teaspoon crushed red pepper flakes
1 teaspoon cayenne pepper
2 teaspoons curry powder
1 teaspoon sesame oil

Heat olive oil in saucepan over medium heat. Stir in the onions and garlic, and cook until the onion is very soft. Stir in cucumber, broth, and milk. Season with soy sauce, parsley, red pepper flakes, cayenne pepper, curry powder, and sesame oil. Bring to a simmer over medium–high heat then reduce to low. Cover and simmer for 10 min. Transfer soup to blender and blend until creamy.