🥒 Gleaning Cucumbers 🥒

Farmers Against Hunger

Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cucumber, **Protein**: 2 g, **Fat**: .3 g, **Carbohydrates**: 11 g, **Fiber**: 1.5 g, **Sugar**: 5 g, **Calcium**: 48 mg, **Magnesium**: 39 mg, **Potassium**: 442 mg, **Vitamin C**: 8.4 mg
Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Cucumber-Cherry Tomato Salad with Olives and Feta Cheese*
Season: *Summer*
Ingredients for Salad: 2 large cucumbers, peeled and diced, 1 pound cherry tomatoes, cut in half, ½ Cup kalamata olives, drained, pitted and chopped, ½ Cup feta cheese, crumbled.
Instructions: Combine all ingredients in a large bowl.
Ingredients for Dill and Garlic Dressing: ½ Cup olive oil, ¼ Cup cider vinegar, 1 ½ tsp. sugar, 2 garlic cloves, minced, 1 TbSp. fresh dill, minced, 1 tsp. dried oregano, ¼ tsp. kosher salt, freshly ground black pepper to taste. **Instructions:** Whisk all ingredients together and toss with salad.

Fun Facts:

★ Cucumbers are 96% water.
★ Cucumbers are actually a fruit!
★ Cucumbers are related to watermelons, pumpkins, and squash.
★ A cucumber's flavor comes from the seeds.
★ It takes 10-20 bee visits per flower to produce a cucumber.
★ One vine can produce 25-125 cucumbers.
★ When harvested, cucumbers age faster when stored with apples, melons, or tomatoes.

Source: Wisconsin Department of Public Instruction

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