

1981

Maine Produces Cucumbers

Maine Department of Agriculture

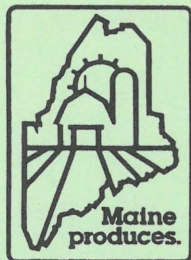
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MAINE PRODUCES Cucumbers



Cucumbers grown in Maine are ready to eat starting in early July.

HOW TO CHOOSE

Choose cucumbers with good green color although some white or greenish-white color is all right. Select cucumbers that are firm overall and well-shaped. Good cucumbers usually have small surface lumps. Avoid cucumbers with a dull yellowing color.

HOW TO PREPARE MAINE CUKES

Fresh raw cucumbers may be eaten with skin but you will want to peel if it is tough, discolored or waxed. Slice, dice or cut in strips for salads, sandwiches or snacks.

Cucumbers may also be sauteed. Peel cucumbers and cut in $\frac{1}{4}$ " slices. Spread on paper towel to dry. Dip slices in mixture of flour, salt, pepper. Saute 3-4 minutes in butter and serve.

Cucumbers also make a nice addition to potato salad; fruit salads with pears, grapes and oranges; and most sandwiches, alone or with tomatoes and lettuce.

Herbs that go well with cucumbers are basil, dill, parsley, mint and tarragon.

HOW TO STORE

Cucumbers stay fresh in a vegetable crisper or in plastic bags in the refrigerator for about one week.

Cucumbers can be pickled or brine cured.

NUTRITIONAL INFORMATION

One cup sliced cucumbers contains:

Calories	20
Fat	.1 g.
Carbohydrate	4.5 g.
Protein	.8 g.
Calcium	12 mg.
Iron	.3 mg.
Vitamin C	7 g.

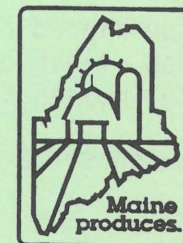
These recipes were selected to use the many food products that MAINE PRODUCES. For a delightfully illustrated cookbook of 36 recipes that won prizes in the First State of Maine Cooking Contest, send \$2.00 to cover costs and postage to the address below.

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*For more information write:
Agriculture, Food and Rural Resources
Station 28, Augusta, Maine 04333.*



**Maine
produces
Cucumbers**



BREAD AND BUTTER PICKLES

Spiced perfectly, these pickles will be a welcome addition to meals year round.

1 gal. cucumbers, sliced very thin
10 medium onions, sliced very thin
2 green peppers (or 1 green & 1 red), sliced very thin
 $\frac{1}{2}$ cup salt
5 cups vinegar
 $\frac{1}{2}$ tsp. turmeric
2 Tbsp. mustard seed
2 trays ice
5 cups sugar
 $\frac{1}{2}$ tsp. ground cloves
1 tsp. celery seed

Place cucumbers, onions and peppers in a large container. Sprinkle with salt. Add ice and cover. Let stand 3 hours. Drain. Add remaining ingredients. Place over low heat. Turn pickles over until mixture just reaches the scalding point. DO NOT BOIL. Pack into hot sterilized jars. Seal. Let stand 48 hours before eating.

Makes 8 pints.

FRESH CUCUMBER DRESSING

Adds new life to salads.

$\frac{1}{2}$ cup minced cucumbers
 $\frac{1}{2}$ tsp. fresh or dried dill
 $\frac{1}{2}$ cup mayonnaise

Mix and serve on salad greens.

CUCUMBER SALAD

A cool, simple salad.

2 Tbsp. vinegar
1 cup yogurt
2 Tbsp. grated onion
Parsley flakes
Salt
4 cucumbers, thinly sliced

Combine and toss lightly.

Serves 6-8.

SUBTLE CUKES

A heated, elegant way to serve cucumbers; would be really fine with fish.

$\frac{1}{4}$ cup butter
3 Tbsp. sour cream
1 tsp. lemon juice
1 cup cucumbers, peeled
salt and pepper
chopped parsley

Melt butter in pan, slice and add cucumbers and toss. Cover and simmer for 10 minutes. Remove from heat. Stir in sour cream, lemon juice and seasonings. Serve hot, sprinkled with parsley.

Serves 4.

SANDWICH SPREAD

A fresh way to serve tuna sandwiches.

1 3 oz. pkg. cream cheese
1 7 oz. can tuna, drained
 $\frac{1}{2}$ cup finely diced cucumber
2 tsp. lemon juice
2 tsp. minced dill or $\frac{1}{4}$ tsp. dill seed

Mash cheese with a fork. Combine with tuna, dill or dill seed, lemon juice and cucumber.

GAZPACHO

A cool, delicious dish for a warm summer's eve.

1 clove garlic
4 sprigs watercress, optional
1 medium onion, sliced
1 cucumber, sliced
3 tomatoes
1 green pepper
4 eggs
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup oil
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{3}{4}$ cup tomato juice

Puree first seven ingredients in blender. Add remaining ingredients. Chill and serve in bowls, garnished with scallions, if you wish.

Serves 4-6.