

- Cucumbers -

- Cucumbers are a fruit that belong to the pumpkin family
- One cucumber plant can produce 25 to 125 cucumbers
- Cucumbers can be divided into three major groups: slicing, pickling, and burpless
- Cucumbers contain more than 90% water and are a rich source of vitamins B & C
- Cucumbers are commonly used in soaps, lotions, shampoos



See Farm to Table Here:

<https://youtu.be/QitNH1qJeyE>

Did you know...

- A slice of cucumber can kill the bacteria responsible for the bad breath in just 30 seconds

