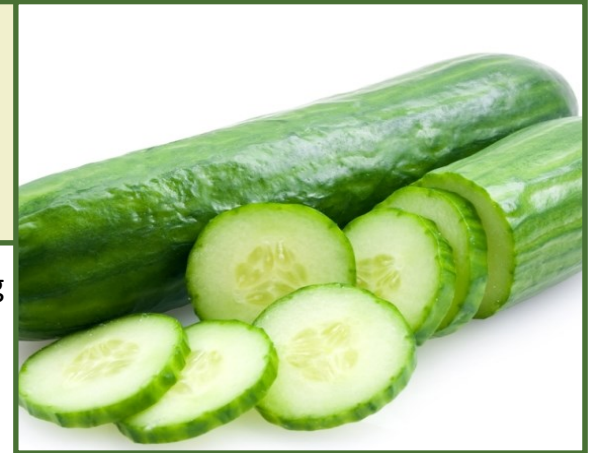


# Cucumber



The cucumber is a creeping vine that roots in the ground and grows up trellises or other supporting frames, wrapping around supports with thin, spiraling tendrils. The plant has large leaves that form a canopy over the fruit. The fruit of the cucumber is roughly cylindrical, elongated with tapered ends, and may be as large as 60 centimeters (24 in) long and 10 centimeters (3.9 in) in diameter.

Having an enclosed seed and developing from a flower, botanically speaking, cucumbers are classified as pepoes, a type of botanical berry. Much like tomatoes and squash they are often also perceived, prepared and eaten as vegetables. Cucumbers are usually more than 90% water.

In a 100 gram serving, raw cucumber (with peel) is 95% water, provides 16 calories and supplies low content of essential nutrients, as it is notable only for vitamin K at 16% of the Daily Value.

## **Benefits of cucumbers:**

1. Cucumbers are a good source of B vitamins.
2. Cucumbers are 95 percent water, keeping the body hydrated while helping the body eliminate toxins. Cucumbers have most of the vitamins the body needs in a single day. Don't forget to leave the skin on because the skin contains a good amount of vitamin C, about 10 percent of the daily-recommended allowance.
3. If you don't like to eat the skin, it can be used for skin irritations and sunburns as aloe would be used. Place a slice over puffy eyes and its anti-inflammatory properties help reduce puffiness. The silicon and sulfur in cucumbers help to stimulate hair growth.
4. Cucumber juice contains a hormone which is needed by the cells of the pancreas for producing insulin which has been found to be beneficial to diabetic patients. Cucumbers contain a lot of potassium, magnesium and fiber. These work effectively for regulating blood pressure.
5. Cucumber helps promote joint health by strengthening the connective tissues. They are also rich in vitamin A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium. When mixed with carrot juice, they can relieve gout and arthritis pain by lowering the uric acid levels