



BROWN BAG LUNCH IN THE GARDEN

July 9, 2010—Cucumbers

This Week's Recipe:

Oriental Cucumber Salad

- 3 cups cucumber slices (about 3 medium cucumbers)
- 2 Tbl. Sugar
- 1 Tbl lemon juice (or vinegar)
- 1 tsp. salt
- 1 clove garlic, crushed
- 1 Tbl cilantro or Chinese parsley, chopped
- 2 Tbl unsalted peanuts, crushed

Combine the sugar, lemon juice, salt, and garlic in a small bowl. Mix well.

Wash and slice the cucumber into a large bowl. Add the dressing and cilantro. Mix. Refrigerate. Sprinkle peanuts on top before serving.

Harvesting & Storing Cucumbers

- Harvest at mature size—research to know expected size!
- Cucumbers turning yellow are over-ripe.
- Store in the refrigerator until ready to use.
- Some cucumbers will get “rubbery” if not in a plastic bag.
- To peel or not to peel? That is the question.
- Peeling depends on age, prickliness, variety, and personal taste.
- Slicing cucumbers are larger, sweeter, and have smoother skin.
- Pickling cucumbers are usually smaller and prickly.

Other Points of Interest in the Garden This Week:

- Many of the herbs have reached “summer harvest” size, especially the basil.
- We have a baby cantaloupe!
- The ‘Mars’ grape is ripening. It is always the first to ripen.
- We harvested our first long beans and eggplant this week.
- We’ve found 2 baby praying mantids in the past week!

Coming Next Week—Lavender

