

Cucumber

Pickling Cucumbers?! Think of these as a dual purpose cuke. You can make pickles with them, or use them for slicing like you would a "normal" cucumber. One of my kids prefers eating pickling cucumbers to the slicing variety. The skins are thinner and less bitter. You don't have to pickle them! This variety just grows great here! Rinse them off, rubbing the spikes gently off and use them like a regular cuke. I like to eat them like an apple. Perfect on a hot summer day. One of my children came out of the field last week and exclaimed, "MOM! I managed to eat 5 cucumbers!" he wanted more but we had to leave. Cucumbers have so much water in them, they are one of the few foods that actually re-hydrate you! So yes, snack on them while you are hiking! The smaller size also makes them easy to slice on a mandolin for sandwiches.

Salmon with Cabbage, Cucumber, & Fennel Salad *serves 4

4 6-ounce pieces skinless salmon fillet

1TBS olive oil

1/4tsp cayenne pepper

Salt n' pepper

1 lemon sliced

1 ¼ lb. cabbage sliced thinly

1 medium sweet onion sliced thinly

1 ½ lb. fennel bulbs halved, core, & thinly sliced

1 cucumber halved lengthwise & sliced crosswise

1/8inch thick

salt n' pepper

1C crème fraiche

2TBS white wine vinegar

1/2C dill chopped

3TBS poppy seeds

Heat oven to 400 degrees. Rub the salmon with the oil & place on a rimmed baking sheet. Season with cayenne, salt, & pepper. Top with lemon sliced & bake until opaque throughout, 8-12 minutes. Put the cabbage, onion, & fennel in 3 separate bowls & cover with ice water; let stand for 30 minutes. Drain the vegetables & spin dry in a salad spinner. In another bowl, toss the cucumbers with 2TBS of salt & cover with ice water. Let stand for 30 minutes, then drain & pat dry. In a very large bowl, whisk the crème fraiche with the vinegar until stiff. Add the dill & poppy seed & season generously with salt. Fold in the cabbage, onion, fennel, & cucumber & serve right away alongside the salmon.

Thai Marinated Cucumbers

1/3 cup rice vinegar

¼ cup sugar

¼ cup water

¼ t pepper

Pinch of red pepper flakes marinated

Cucumber, thinly sliced

Cook ingredients until liquid boils, and sugar is dissolved. Add cucumber and chill for 30 minutes.

Classic Gazpacho

3 pounds tomatoes, cored and coarsely chopped

1 cucumber, peeled and coarsely chopped

2 red bell peppers, coarsely chopped

1 jalapeño, seeded and coarsely chopped

1/4 cup sherry vinegar

1/3 cup extra-virgin olive oil

Salt and freshly ground pepper

Combine all of the ingredients in a large bowl and refrigerate overnight. In a blender, puree the vegetables until smooth. Strain the soup into a deep bowl, season with salt and pepper before serving. - Food & Wine

Dill Cucumber Salad

1 large Cucumber

½ medium red onion

¼ cup Red Wine Vinegar

¼ cup olive oil

1 T Dill

1 T sugar

Slice cucumber and red onion. In a separate bowl combine sugar and vinegar. While whisking add olive oil in a stream until the vinaigrette comes together. Pour over cucumber and red onion. Add dill and salt and pepper to taste. Toss and

Mint, Yogurt, Cucumber Dressing (Farm Family Favorite)

Grate a cucumber and put in a blender, add mint leaves and yogurt. Process until well pureed. It makes a great dressing, although the bit that did not fit in the jar, I just drank! YUM!!!