



Cucumber, Persian/Lebanese

- Taste: Crisp, semi-sweet taste.
- Flesh Description: Crunchy, light green to yellow.
- Outside Coloring: Dark green.
- Usage: Good for eating out of hand.
- Shape: Oval, thick in the middle.
- Skin Texture: Thin skin, with prickles; not as waxy as most cucumber varieties.
- Size: Medium.

Purchasing Specifications

Receiving Information:

- Pitting; water-soaked spots; decay: Indication of chill injury - chill injured cucumbers will decay rapidly after they are brought out of storage.
- Shriveling: Storing cucumbers in an area with low humidity will promote shriveling - maintain humidity.
- Soft, sunken ends; loose seed cavity: Indication of over mature product - be sure to inspect cucumbers carefully upon arrival.
- Yellowing; softening: Indication of ethylene exposure and storage at high temperatures. Keep cucumbers away from ethylene-producing produce in ripening rooms.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No

- Mist: No
- Odor Sensitive: No
- Use: Cucumbers are most often used in salads and vegetable trays.
- Refrigeration: Never freeze cucumbers or keep them in the coldest areas of the fridge. They will soften and become mushy.
- Selection: Select firm, unblemished cucumbers that are rounded at the tips and heavy for their size. Reject any products with soft spots or withered ends.
- Washing: Waxed cucumbers should be thoroughly washed or peeled before serving.
- Storage: Wrap or store unwashed cucumbers in plastic and keep in crisper until ready to use. Any unused portion of a cut cucumber should be wrapped tightly in plastic wrap and refrigerated.

Nutrition Facts

Serving Size: 1 cup sliced

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 14		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 2mg		0%
Total Carbohydrates 3g		2%
Dietary Fiber 1g		3%
Sugars 2g		
Protein 1g		2%
Potassium 162mg		3%
Vitamin A 1%	Vitamin C 5%	
Calcium 2%	Iron 1%	

*Percent Daily Values are based on a 2,000-calorie diet.