Fun Facts About Cucumbers!

• A cucumber’s seeds contain most of its flavor.
• The internal temperature of a cucumber is cooler than the outside air — hence the phrase “cool as a cucumber.”
• Keep the peel! Most of the nutrients in cucumbers are found in the skin.

Cucumbers Are Nutritious and Good for You!

• Low in calories.
• Good source of vitamin C.
• Good source of vitamin K.