

Is a Cucumber a Vegetable or a Fruit?

What Are Cucumbers? Cucumbers are long, lean, and green garden vegetables. Technically, they're fruits from the same family as watermelons and pumpkins, but most people consider them vegetables.



Why are some cucumbers long and some short? There are two types of cucumbers, slicing cucumbers and pickling cucumbers. **Slicing cucumbers** are eaten fresh, often in a salad. They can be 12 inches or longer and usually have smooth skin. There are "burpless" varieties that have less of a plant compound called cucurbitacin. That gives them a milder taste, and it may make you burp less after you eat them. You may also hear them called "seedless cucumbers" or "European cucumbers." **Pickling cucumbers** are much smaller and are the type used to make pickles. They can be 3-7 inches long, and they typically have bumps or spines on their skins.

DID YOU KNOW?

1. Cucumbers contain many of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium, and Zinc.
2. Feeling tired after Bingo? Put down the cup of coffee and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are slugs ruining your flower garden? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before putting on your beach bikini or your birthday swimsuit for the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or headache after a Friday night of playing cards? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins, and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, and avoiding both a hangover and headache!!
7. Looking to fight off that evening snack binge? Cucumbers have been used for centuries and are often used by European trappers, traders, and explorers for quick meals to fight off hunger.
8. Going to the Senior Center's Fashion show and don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Ever try to fix the squeaky door hinge and out of WD-40? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out from being stuck at home for two years and feeling "yuck?" Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released into the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finished lunch at the Senior Center and realize you don't have gum or mints? Take a slice of a cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Want to become more 'green' or earth-friendly? Try cleaning your sinks or stainless steel with a slice of a cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Grandkids ever come over and write on your walls? Take the outside of the cucumber and erase the mark away.

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