



Florida  
CUCUMBER  
Recipes

## CUCUMBER SALAD with Spicy Grilled Beef

- 1 tablespoon soy sauce
- 1 tablespoon chili sauce
- 1 teaspoon Florida garlic, minced
- 1 teaspoon rice wine vinegar
- 3 ounces pickled ginger, chopped
- 1 tablespoon Florida green onion, chopped
- 1 Florida cucumber, seeded, peeled and thinly sliced
- 1/4 pound filet mignon, grilled to taste

Whisk together soy sauce, chili sauce, garlic and vinegar. Grill the beef and cut into small strips. Add remaining ingredients and mix well. Refrigerate for at least 10 minutes before serving.

Yield: 4 servings  
Per serving: Calories 54, Fat 2g  
Carbohydrates 2g, Protein 6g



## CUCUMBER MELON SORBET

- 1/2 cup of water
- 3/4 cup of sugar
- 3 1/2 cups seeded Florida cantaloupe
- 1 1/2 cups seeded Florida cucumber
- 3 tablespoons fresh squeezed Florida orange juice

Combine water and sugar in a medium saucepan. Cook on medium heat, stirring frequently until sugar dissolves. Cook for an

additional 3 minutes. Remove and pour into a bowl and refrigerate until cold, creating syrup. In a blender, puree remaining ingredients and chill until ready to use. Combine puree and syrup in a metal bowl or baking pan and place in the freezer for 45 minutes or until frozen.

Yield: 6 servings  
Per serving: Calories 147, Fat 0g  
Carbohydrates 37g, Protein 2g

For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at [www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)



# Fresh from Florida CUCUMBERS

**The Florida cucumber** – refreshingly crisp and fragrant. Native to India, cucumbers grow in abundance in south and central Florida. Florida's cucumber crop is available from October through June.

Cucumbers are in the cucurbit family, which includes cantaloupes, honeydew melons and squashes. Although they are low in calories, Florida cucumbers add a bright burst of flavor to any dish.

# Purchasing, Handling and Storing

**When purchasing**, look for Florida cucumbers that have a fresh, dark green peel, and flesh that is firm to the touch with no soft spots. Since cucumbers are susceptible to chill injury, store in a cool dry place other than the refrigerator. They will keep for up to a week. For optimal freshness, do not store with fruits and vegetables that produce ethylene gas (e.g. tomatoes, apples or peaches.)

Some cucumbers are waxed to keep the peel shiny. This does not alter the taste. Whether or not to peel a cucumber is a matter of personal preference. For recipes that call for seeding cucumbers, simply cut the cucumber in half lengthwise and scoop the seeds out with a spoon. If it is bitter, sprinkle salt or sugar over the cucumber slices, let rest for 20-30 minutes, then rinse and pat dry.

**Florida cucumbers are extremely versatile – from pickles to salads to sandwiches, they are delicious. No matter how you slice them, Florida cucumbers are great! Try these “Fresh from Florida” recipes for some fresh ideas.**

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