

Keen on Cucumbers

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www.minnesotagrown.com

Cucumbers are fresh and in season in many parts of the state! Find Minnesota Grown members that grow cucumbers [here](#), but don't forget- cucumbers are often spotted at local [farmers markets](#) all across the state or in your [CSA box](#)!

Cool as a Cucumber

Minnesota Farm to School programs bring food and agricultural education to students all across the state- and we think that's pretty cool! Plus- they shared these interesting facts about cucumbers with us. According to Minnesota Farm to School and the Minnesota Extension Office,



Did you know the saying, "Cool as a cucumber" isn't just a popular phrase? The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air! Cucumbers are 96% water and are a great food for traveling in hot weather because the smooth, green skin keeps the water in like a jug. How refreshing! You will find the flavor of a cucumber in the seeds. One cup of sliced cucumbers has just 16 calories and is a good source of vitamin C, vitamin A and potassium.

From <http://www.extension.umn.edu/food/farm-to-school/>

Pickles

A Brief History

Cucumbers have a special place in the world's food history. Cucumbers are believed to have originated in India around 3,000 years ago! This crop then spread to Greece and Italy (the Romans were especially excited about this veggie) and also to China. Later in history, cucumber cultivation was documented in France. In the mid 1500's cucumbers were introduced to North America. Gedney Foods says in their [Pickle History](#) that,

George Washington had a collection of 476 different kinds of pickles and that Amerigo Vespucci, for whom America is named, was a pickle merchant before becoming an explorer.

Everyone's favorite, Pickles

Minnesota Grown member farmers have shared their family pickle recipes with their consumers. One member, Untiedt's Vegetable Farm, has shared their "Grandma Punky's Refrigerator Pickles" recipe!

Tried and True Recipes from Untiedt's Roadside Stands

Over 25 locations. Most locations open 7 days a week, 10am – 6:30pm Mid-June – Labor Day

Grandma Punky's Refrigerator Pickles

6-7 cups sliced cucumbers
1 cup onion, thinly sliced
1 tbsp celery seed
1 2/3 cup sugar
1 cup tarragon vinegar

Directions:

Mix celery seed, sugar, and vinegar well to dissolve the sugar. Add sliced cucumbers and onion. Refrigerate at least 24 hrs.



Untiedt's Vegetable Farm, Inc.

Visit us to learn more
www.UntiedtsWeGrowForYou.com

Special Event or Canning Project?

Quantity Prices Available When You Pre-Order

One famous Minnesota Pickle company is the Gedney Company! This company celebrated their 130th anniversary back in 2011 and still continue to "crank out the cukes in Chaska" today! The first Gedney pickle plant opened in Minneapolis, Minnesota in 1881 and over 100 years later Gedney became the official source of "The Minnesota Pickle." Don't miss your Minnesota Pickle this year when you visit the State Fair!

[For more information, check out this article written by the Tonka Times for Gedney's 130th Anniversary.](#)

How can you enjoy the fruits of summer Minnesota Grown cucumbers all year long? Pickles! The University of Minnesota has put together the ultimate guide on picking your summer vegetables. Check it out here! <http://www.extension.umn.edu/food/food-safety/preserving/pickling/>



Photo Courtesy of [Grappler Gourmet](#)

Enjoying Cucumbers

When choosing your cucumbers at the market or store, look for firm, well-shaped ones with an even dark green color- unless you're trying a special delicious variety such as the rounder, yellowish, lemon cucumbers! Yum!

Cucumbers offer a refreshing crunch in the dog days of summer with their special cooling qualities! They also are a delicious addition to a lunchbox snack, or added to dips, salads, appetizers, or veggie platters! Cucumbers can even make their appearance in baked goods! Try a cucumber cake this summer to surprise your dinner guests.

Find local pickles and cucumbers near you with MinnesotaGrown.com and stay cool as a cucumber this summer!

Cucumber Bread/Cake

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Cucumber cake? Zucchini cake, sure... but *cucumber cake*?! You heard us correctly! A trip to the farmers market often means arriving home with armed with bags of cucumbers and realizing you may have gotten a little over zealous on the pickling front. You can eat them raw, devour them in a salad, put them in a sandwich or even attempt to make your own

sushi or spring rolls. But when your options, and maybe your palate for cucumbers, has been exhausted it is time to try cucumbers in a way you have never considered before – Cucumber cake.



This recipe yields a cake that is moist, soft and delightful. It has a refreshing taste, and the crunch of nuts makes it even more enjoyable!

Now you *can* have your cake and eat it too. Cucumbers are good and good for you, so you needn't feel guilty when it comes to devouring your whole piece... or maybe even two!

Yield: 9" x 13" cake or two smaller pans

Ingredients

- 2 ½ cups all-purpose flour (approx.)
- 2 cups sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon ground cloves
- ¼ cup chopped walnuts (optional)
- 2 ½ pounds fresh cucumbers
- 1 cup vegetable oil
- 4 eggs

To Prepare

1. Preheat oven to 325°; grease and lightly flour a 13"x9"x2" baking pan (or two smaller pans)

2. Wash, peel and coarsely shred cucumbers into a colander. Apply light pressure to the shredded cucumbers, squeezing out additional moisture until the cucumbers are moist, but not overly drippy. Set aside.
3. Combine all dry ingredients and walnuts in a large mixing bowl.
4. Add 3 cups shredded cucumber, oil and eggs. On medium speed, beat ingredients until thoroughly combined, approximately 2 minutes.
5. Because cucumbers have a high moisture content, the consistency of the batter will be thinner than a typical cake batter. Look for a consistency similar to pancake batter, adding additional flour if needed.
6. Pour batter into the pan(s) and bake at 325° for 60 minutes or until the cake passes the 'clean toothpick' test. Remove from oven and let cool.
7. Serve plain or with a light drizzled glaze. Makes a great dessert or breakfast snack!



Enjoy!

Photo and recipe courtesy of FOOD 52.

<http://food52.com/recipes/5753-fresh-cucumber-bread-cake>