

# Cucumber

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Cucumber has anti-inflammatory and anti cancer properties

## GEEK TALK

Cucumis sativus

## BUT WE TALK

Garden cucumber, khira

## DID YOU KNOW?

Originating in India, cucumbers are the fourth most widely cultivated vegetable in the world behind tomatoes, cabbage, and onions. It comes from the same botanical family as melons and squash.

A very versatile veggie, the three main varieties of cucumber are the slicing cucumber, pickling cucumber (which are turned into pickles), and the burpless cucumber.

Generally grown in warmer climates, it requires a lot of sunlight, cucumbers are sprawling and grow from the vine. The slicing cucumber is typically eaten before the cucumber itself is ripe and while it is still green before the fruit turns yellow and sour.

The pickling cucumbers are much smoother and known for their tremendous flavor and ability to store for long periods of time.

## KITCHEN PHARMACY

Cucumbers have shown to have great antioxidant and anti-inflammatory benefits and many believed it is beneficial in preventing certain types of cancer through testing in that area is only preliminary.