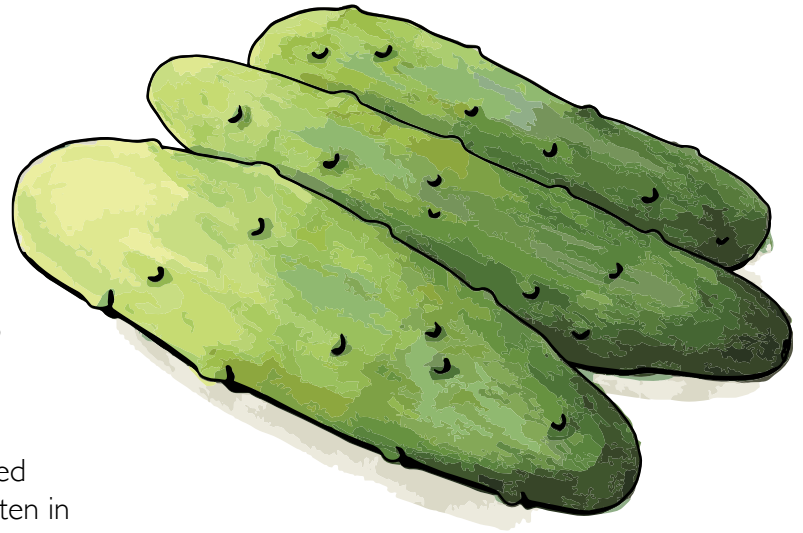


CUCUMBER LESSON #2

CUCUMBERS AROUND THE WORLD



Ask: When I say cucumbers, what foods come to mind?

Say: Cucumbers are used in different ways all over the world. In many Asian countries, cucumbers are a staple in daily diets. In Japan, cucumbers are often enjoyed in a light vinegar-based salad, while in Korea, they are eaten in a spicy cucumber salad. In the Mediterranean region, cucumbers are used in tzatziki sauce, which is a creamy yogurt-based dip popular in Greek cuisine. In the Polish town of Krzeszów, a Cucumber Festival is held every year, which celebrates the local cucumber harvest.

ACTIVITY: JAPANESE CUCUMBER SALAD

Say: Today we are going to make a Japanese salad that uses cucumbers as the primary ingredient.

Recipe:

- 1 long English cucumber
(Note: It has to be an English cucumber for this recipe, because they have very small seeds compared to other cucumber varieties. They are usually sold wrapped in plastic.)
- 1 tbsp rice vinegar
- 1/2 tsp sesame seed oil
- Salt to taste
- 1 tsp sesame seeds

MATERIALS NEEDED

- Recipe ingredients
- Mason jars with lids and rings
- Paper plates
- Plastic knives
- Plastic forks

1. Put students into small groups of 3 to 4. Give each group 1 English cucumber, a paper plate, mason jar with lid and ring, and plastic knife and fork.
2. Have students use the plastic knife to thinly slice the cucumber.
3. Add cucumber slices to a clean mason jar.
4. Add rice vinegar, sesame seed oil, and sesame seeds to the jar.
5. Place the lid and ring tightly on the jar and shake.
6. Give each student the opportunity to taste the salad.

Ask: What did you think about this salad?

Ask: How do you usually eat cucumbers in your home?



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