



Local cucumber

Availability:
june to october

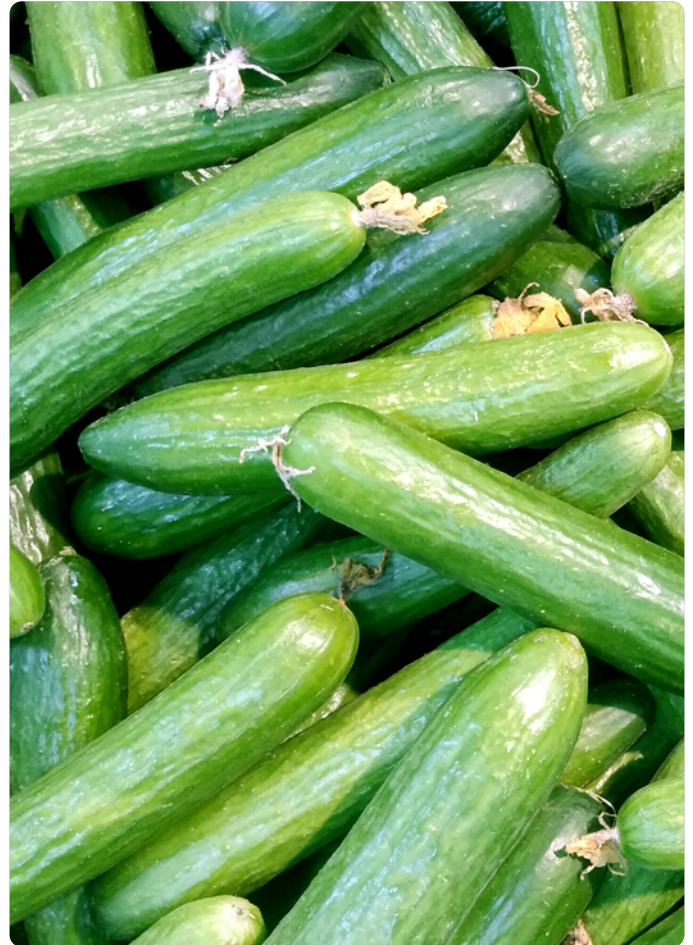
Benefits

→ **Because you don't even need to peel it!**

When you eat cucumbers with their skin, your body absorbs even more nutrients and fibre. What about the pickle, you ask? It used to be that pickles were cucumbers that were harvested before full maturity. Today, different varieties are selected to produce either pickles or cucumbers.

→ **Because it's cool as a cucumber!**

In fact, even with a hot sun beating down on your vegetable garden, the cucumber keeps its cool, with an internal temperature 6 to 8 degrees below that of the outside air. But that doesn't mean you can't savour it braised, sautéed or in a soup



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Cucumber and mint salad



PORTIONS: 3 TO 4

10 MIN

Ingredients

- 2 English cucumbers (750 ml or 3 cups), seeded and cut into half moons
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) olive oil
- 22.5 ml (1 ½ tbsp) plain Greek yogurt
- Salt and pepper to taste
- Mint leaves, finely chopped, to taste

Directions

- 1 Combine the lemon juice, oil, yogurt and mint.
- 2 Add the cucumbers and toss to combine.
- 3 Season to taste.

Source : Julie Strecko, RD

Cooking with kids!

- Worried about letting your kids handle a knife when helping you in the kitchen? Instead, suggest that they use a bread knife to cut a peeled cucumber or scissors to cut mint.



Tip!

- Salting a cucumber: When preparing a cucumber salad, it's a good idea to salt the cucumber first to avoid an overly watery salad. Place your cut cucumber in a colander with a big pinch of salt and let sit for 30 min.

Spring rolls



PORTIONS: 4

20 TO 25 MIN 5 TO 10 MIN

Ingredients

- 50 ml (3 tbsp) rice vermicelli
- 8 rice paper wrappers
- 1 to 2 cucumbers, seeded and cut into julienne strips
- 1 carrot, grated
- ½ pepper, cut into thin strips
- 250 ml (1 cup) pollock, shrimp and/or chicken, chopped
- 4 to 6 lettuce leaves, chopped
- Fresh herbs: mint, basil, coriander

Directions

- 1 Place the vermicelli in a bowl and cover with boiling water. Let sit 5 min, or until the noodles are cooked. Drain and cool under cold water. Set aside.
- 2 Immerse the rice wrappers one at a time in a bowl of hot water to soften (about 30 sec). Carefully lay them out on a damp cloth.
- 3 Garnish each wrapper with the desired filling: place all the ingredients in a line near the bottom of the sheet, leaving room on the sides.
- 4 To roll the rice paper, fold the bottom of the wrapper up over the filling, then fold in each side and continue to roll the rest of the sheet.
- 5 Repeat for each rice paper wrapper.
- 6 Serve the rolls with a bit of sauce (see note).

Note

Creamy sauce:

- 45 to 60 ml plain yogurt
- 15 ml hoisin sauce

Clear sauce:

- 15 ml fish sauce
- 15 ml rice vinegar
- 15 ml lime juice
- 30 ml water
- 5 ml sugar
- 1 glove garlic, chopped

Source : Julie Strecko, RD