



Geography/History

The **Cucumber** is believed native to India, and evidence indicates that it has been cultivated in western Asia for 3,000 years. From India it spread to Greece and Italy, where the Romans were especially fond of the crop, and later into China. It was probably introduced into other parts of Europe by the Romans, and records of cucumber cultivation appear in France in the 9th century, England in the 14th century, and in North America by the mid-16th century.



See the table below for in depth analysis of nutrients:
Cucumber (*Cucumis sativus*), raw,
Nutritive value per 100 g.
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	15 Kcal	<1%
Carbohydrates	3.63 g	3%
Protein	0.65 g	1%
Total Fat	0.11 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	0.5 g	1%
Vitamins		
Folates	7 µg	2%
Niacin	0.098 mg	<1%
Pantothenic acid	0.259 mg	5%
Pyridoxine	0.040 mg	3%
Riboflavin	0.033 mg	3%
Thiamin	0.027 mg	2%
Vitamin A	105 IU	3.5%
Vitamin C	2.8 mg	4.5%
Vitamin E	0.03 mg	0%
Vitamin K	16.4 µg	13.6%
Electrolytes		
Sodium	2 mg	0%
Potassium	147 mg	3%
Minerals		
Calcium	16 mg	1.6%
Iron	0.28 mg	3.5%
Magnesium	13 mg	3%
Manganese	0.079 mg	3.5%
Phosphorus	24 mg	3%
Phosphorus		
Zinc	0.20 mg	2%
Phyto-nutrients		
Carotene-β	45 µg	--
Crypto-xanthin-β	26 µg	--
Lutein-zeaxanthin	23 µg	--

Description/Taste

Most often heavily waxed, Cucumbers have a dark rich green skin surrounding a whitish firm flesh that offers a very mellow flavor. Some have small bumps and sometimes light green or whitish spots that do not affect quality. Waxing extends a cucumber's shelf life.

