

English Cucumbers and Tomato

Look: English cucumbers are long and slender compared to regular cucumbers.

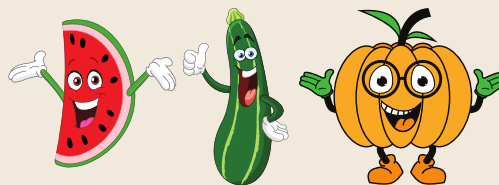
Taste: What does the cucumber slice taste like compared to the tomato? Which do you prefer and why?

Touch: The English cucumber doesn't have the waxy skin like a regular cucumber. Their skin is thin, and they are usually a brighter green.



FUN FACT

English Cucumbers are related to watermelon, zucchini, and pumpkins. They grow on vines on the ground.



Did you know?

English cucumbers are considered seedless unlike regular cucumbers, but if you look closely, you will see seeds. The English cucumber seeds are underdeveloped and non-bitter.



Nutritionals

English Cucumbers are 95% water and have high levels of vitamin C and Fiber.

95% Water

Vitamin C

Fiber

Cherry Tomatoes have vitamin C and are a wonderful source of lycopene. Lycopene can help with blood clotting and inflammation. It may also support bone health.

Vitamin C

Lycopene