

Too good to waste

# Cucumbers

Helping you cut down on food waste, one ingredient at a time

**D**unked into houmous at a picnic, chopped into a crunchy salad or pickled and layered on a burger, a cucumber is a versatile and refreshing vegetable. But, like a lot of fridge items, it can easily be forgotten, leading us to waste more than £70 million\* worth each year. Read on for our tips to enjoy cucumber and keep it fresh for longer.

## STORE IT RIGHT

To help cucumber last longer, store it in the fridge. Its high water content means it has a short shelf life and can become soggy, so try to keep it as dry as possible. If you've started a cucumber but not used the whole thing, make sure the cut end is covered so it doesn't go mushy. Don't wrap the entire vegetable, as this can encourage condensation, making it spoil more quickly.

## MAKE IT GO FURTHER

Store leftover slices in a food storage box with a sheet of kitchen paper to keep them crisp. Any cucumber you don't think you'll use can be pickled. Put leftover batons or slices in a sterilised jar\*\* with vinegar, herbs and a pinch of salt and sugar. Stored in the fridge, this jar will keep for several weeks.

## USE THEM UP

### SLICED

#### Charred cucumber salad

Brush leftover cucumber batons with a little oil. Griddle until charred, then season with salt. Toss with sliced spring onions, chopped fresh coriander and lime juice.

### WHOLE

#### Greek salad pasta

Peel cucumber into ribbons and mix with sliced red onion, olives, tomatoes, crumbled feta and a drizzle of olive oil. Toss through your favourite pasta and season with plenty of black pepper.

# 43k

tonnes of cucumber are wasted in the UK each year\*

WORDS: IMOGEN HOPE PHOTOGRAPHY: TOBY SCOTT FOOD STYLING: ALICE OSTAN PROP STYLING: LUIS PERAL \*Source: WRAP  
\*\*To sterilise glass jars, wash in hot, soapy water and rinse well. Dry in the oven for 15-20 mins at gas 1, 140°C, fan 120°C until hot and completely dry. Boil metal lids and rubber seals for 10 mins, then leave to dry.