

# CUCUMBERS



**Whether atop a salad or deliciously salty in the pickle jar, Michigan cucumbers are a crowd favorite and the state's well-drained, sandy soils and temperate climate are perfect for cucumber growing**

- **Michigan produces 68 million pounds of fresh cucumbers, totaling \$15 million in sales**
- **Michigan ranks first in the nation for the production of cucumbers for pickling, totaling 236,700 tons with a value of \$47 million**
- **The state also produced 68 million pounds of cucumbers for the fresh market worth \$15 million**

## MICHIGAN CUCUMBERS = HEALTHY

- **Fresh cucumbers are a very good source of vitamins A and C and the mineral molybdenum**
- **Cucumbers are rich in potassium, manganese, folate, dietary fiber and magnesium**



By local farm families. [MichiganGrown.org](http://MichiganGrown.org)