



## Newton Le Willows Gardeners' Association

### **THE AMAZING CUCUMBER**

*This information was in The New York Times early in 2010 as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.*

WHAT A LITTLE GEM THE CUCUMBER IS. YOU WILL ALWAYS LOOK AT IT DIFFERENTLY NOW.



1. Cucumbers contain most of the vitamins and minerals you need every day: Vitamins B1, B2, B3, B5, B6, C, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium, and Zinc.
2. **Feeling tired in the afternoon?** Put down the caffeinated drink and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. **Tired of your bathroom mirror fogging up after a shower?** Try rubbing a cucumber slice along the mirror; it will eliminate the fog and provide a soothing, spa-like fragrance.
4. **Are grubs and slugs ruining your planting beds?** Place a few cucumber slices in a small aluminium pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. **Looking for a fast and easy way to remove cellulite before going out or to the pool?** Try rubbing a slice or two of cucumber along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer, and reducing the visibility of cellulite. **Works great on wrinkles too!!!**
6. **Want to avoid a hangover or terrible headache?** Before going to bed, eat a few cucumber slices and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins, and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. **Looking to fight off that afternoon or evening snacking binge?** Cucumbers have been used for centuries by European trappers, traders, and explorers, for quick meals to ward off starvation.



8. **Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes?** Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. **Out of WD-40 and need to fix a squeaky hinge?** Take a cucumber slice and rub it along the problematic hinge, and voila! -- the squeak is gone!

10. **Stressed out and don't have time for massage, facial or visit to the spa?** Cut up an entire cucumber and place it in a boiling pot of water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers, and in students during final exams.

11. **Just finish a business lunch and realize you don't have gum or mints?** Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. **Looking for a 'green' way to clean your taps, sinks, or stainless steel?** Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. **Using a pen and made a mistake?** Take the outside of the cucumber and use it slowly to erase the pen writing -- also works well on crayons and markers that the kids have used to decorate the walls!!

