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Cucumbers: Healthy options to keep you hydrated

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If you're looking for a fresh ingredient in the produce aisle that will bring a lot of excitement & flavor to every snack, lunch box, cheese board, and family dinner, you should try crunching on a new cuke!

Pure Flavor [Cucumbers](#) will surprise you with their incredible variety & versatility ? the trick is to know which cucumbers pair best with other tasty ingredients & how to serve them in fresh, new recipes for every occasion.

Without further ado, let's dive right into the cool & refreshing world of cucumbers so you can discover all the amazing flavor waiting to be unlocked.

UNO BITES™ NANO CUCUMBERS



If you think all cucumbers are the same, think again. These [Uno Bites™ Nano Cucumbers](#) are teeny tiny, one-bite cucumbers pack a flavor punch that comes with a crisp crunch! This unique cuke is totally out of this world!

Do you ever feel like you want a refreshing, nutrient-packed snack on-the-go, but it's too much hassle to slice up a fresh vegetable? Well, luckily Pure Flavor® is an expert in growing healthy snacking veggies and Uno Bites™ are a perfect example. It has never been so easy to grab a bite-sized healthy snack as you're headed out the door.

Don't forget about the crunch factor. Not only are Uno Bites™ convenient, but they also offer a satisfying crunch in every bite that no other cuke can, making them a kid-favorite option for school lunches and a unique addition to recipes like [Sunshine Pasta Salad](#) and [Cucumber Lime Panna Cotta](#).

POCO BITES® COCKTAIL CUCUMBERS



Slightly larger but just as convenient as Uno Bites™, we find [Poco Bites® Cocktail Cucumbers](#).

These tasty cucumbers are another great snacking option, especially when paired with your favorite dips like tzatziki, hummus, ranch, or red pepper jelly.

After a hard workout, soccer game, or light jog, Poco Bites® are the perfect hydrating power-up to get you back on your feet for the rest of the day ahead. They're 95% water and ready to fuel fun anytime, anywhere! Plus, they taste slightly sweeter than other cucumbers, so toddlers and young children absolutely love them.

For family barbecues, first dates, and any dinner parties you host, make sure to pick up a pack of Poco Bites® to add a touch of elegance to your plans with side dishes like [Stuffed Sweet Potatoes](#), starters like [Mango Jalapeno Cucumber Salsa](#), and decadent [Green Goddess Salad](#).

MINI CUCUMBERS



You've likely seen [Mini Cucumbers](#) at the grocery store, but you're probably not familiar with just how versatile they can be. These medium-sized cucumbers have a milder flavor which lets the other ingredients in your fresh garden salad truly sing.

The key to enjoying fresh Mini Cucumbers is to pair them with other flavors that complement their cool, refreshing, and traditional cucumber taste. Try herbs & spices like mint or cardamom, proteins like shrimp & cream cheese, and other flavorful fresh ingredients like mango & coconut. If you're looking to skip the simple salad and try something a bit more experimental, try Mini Cucumbers in [Cucumber Mango Skewers](#), or [Cucumber Peanut Salad](#).

LONG ENGLISH CUCUMBERS



The [Long English Cucumber](#) is your classic cuke and probably the variety you're most familiar with. They're long, juicy, and, really, the perfect slicing cucumber for all kinds of recipes. Because their skins are so thin, each comes wrapped in a specialized film to lock in the moisture. This will help to keep it as fresh as the day it was picked.

Of course, Long English Cucumbers are a staple in so many salad recipes and are a favorite for slicing thin as a simple snack atop crackers and cream cheese, but the possibilities are endless with this delicious and healthy veggie.

Try pairing with unique flavor combinations in recipes like [Melon Cucumber Shrimp Tacos](#) featuring [Solara™ Mini Melons](#), simple lunchtime [Vegetarian Rice Wraps](#), or if you really want to step outside your comfort zone, you can actually cook Long English Cucumbers for a different flavor experience, like with [Air Fryer Cucumber Chips](#).

SOMETHING FOR EVERYONE

Whether you prefer the super crunch factor and one-bite snackability of [Uno Bites™ Nano Cucumbers](#), the delicate sweetness of [Poco Bites® Cocktail Cucumbers](#), the refreshing juiciness of [Mini Cucumbers](#), or the versatility of [Long English Cucumbers](#), you're bound to find something your family will love.

Luckily, thanks to the most advanced greenhouse technology, you can enjoy your favorite Pure Flavor® cucumbers every day of the year. Each is grown with the utmost care and full of healthy vitamins and minerals.

Thank you, [Pure Flavor®](#).

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