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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Cool As A Cucumber

By Arleen M. Kaptur

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Cucumbers are easy and fun to grow and they are a very special ingredient in many salad dishes. They can be the star attraction as well. So plant some cucumbers and watch them change into tasty, delicious mealtime ingredients. You won't regret the experience of gardening with cucumbers and your taste buds will truly thank you.

Here are a few ways to prepare those mighty fine additions to any meal:

Cucumber and Onion Salad

(Always tastes better the next day)

4 cucumbers, peeled and sliced very thinly

2-1/2 onions, sliced

1-1/4 cup sour cream

1-1/2 tsp. seasoned salt

1/2 tsp. pepper

Combine all ingredients, making sure that the cucumbers are well coated. Cover and place in refrigerator overnight. Line plates with lettuce leaves and spoon salad over. Garnish with finely chopped parsley, mint leaves, or dill.

So fine!

Have 6 medium cucumbers, and peel smoothly. Cut in half lengthwise. Cut around the pulp and remove the seeds very carefully. Marinate the cucumbers in French Dressing for 1/2 hour and drain well.

Fill the cucumbers with your favorite salad—chicken, tuna, turkey, shrimp, etc. Nicely round out the tops. Sprinkle some finely chopped parsley on the ends. Spread a dab of mayonnaise over the top. Place two vegetable flowers on top, cut from beets, carrots, or use narrow strips of green peppers for stems and tiny pieces of a bell pepper as the flower (yellow or red). On lettuce-lined plates, place your cucumber boat and add tomato slices on the side or a few slices of fresh fruit wedges (cantaloupe, some grapes, or watermelon).

You're set to sail to some great reviews!

Hot Cukes:

Peel a few cucumbers. Cut in half lengthwise and discard the seeds. Brush with French Dressing and let stand, covered, in a refrigerator, for about one-half hour. Prepare two plates, one with flour for dredging, and one with an egg wash, with garlic or onion salt instead of regular salt. Drain cucumbers and then dip in wash, then in flour. Saute very gently and carefully in hot oil about 4–5 minutes or until golden and crisp. Drain and serve with grilled fish or steak.

Hot and tasty!

However you serve your garden-fresh cucumbers, you'll have a tasty, refreshing addition to any meal. ENJOY!

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Arleen M. Kaptur has written numerous articles, motivational booklets, books (fiction/non-fiction)
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Cucumber Benefits – A Guarantor For Good Skin

By Sharon Hopkins

Skin has many other purposes other than being beautiful and serving as an eye candy for everyone. It protects our internal organs from any of the external adversities as far as possible.

Whenever you are running down with fever, due to sweating skin tries to bring down the temperature. Entry of foreign object or any other unwanted material is disallowed by the skin. Even with all these uses, if we tend to disregard skin's importance then it would be a real shame.

Cucumber is a very edible fruit which comes from the cucumber plant *cucumis sativus*, which is part of the gourd family. It is being used for different purpose as it can be eaten raw or cooked. With so many health benefits it becomes one of the most important parts of food diet as well as skin diet.

Cucumber can claim to be a water body as it has 90% water. It is known to be a cooling agent due to the water in it. It is believed that cucumber helps in reducing swelling around the eyes or the big dark circles under your eyes. This is world-wide treatment which is being used to its maximum extent.

These also can be one of the most wonderful and natural eye pads you can find for yourself. The puffiness and the tiredness in your eyes may just leave you, if you do this in a relaxed fashion. These natural eye pads do wonders after a long days work.

If you want a happy skin, then cucumber is the answer. As cucumber and the skin share the same level of hydrogen, it becomes easier for cucumber to mask all the problem areas. It helps in soothing and softening your skin which can get you relaxed in no time.

With so many useful ingredients in cucumber it can help you in treating so many skin problems. It has

Cool As A Cucumber

become part of daily beauty product into face packs, facials, juice and many other things which can affect your skin.

Due to its cooling effect it can be termed as a magic wand for all your skin problems. The cleaning and cleansing property helps your skin tremendously making it soft and supple. The regular intake of cucumber juice is very useful both internally and externally.

To have a glowing and smooth skin you can use this recipe

Blend 4–5 leafs of fresh mint. Peel and deseed the cucumber. Add mint leaves to the cucumber to make a puree. Beat egg white and keep it separate, then add this egg white to the cucumber mixture. Apply this evenly on your face for 20 minutes and then rinse it with water and pat it dry.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader and not the site or the writer.

Sharon Hopkins manages sites which gives information on hair and skin care, such as

. From pigmentation of your skin to suntan you can find everything

here. Health Benefits of cucumber are innumerable if you have it like a juice or apply it like a face pack.



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