



Nutritious, Delicious, Wisconsin!

CUCUMBER ■ DIB



Red HMoob Cucumber



White HMoob Cucumber



Burpee Cucumber



HMoob Cucumber



HMoob Varieties

- Red HMoob Cucumber, Dib HMoob
- White HMoob Cucumber, Dib Moos Xais
- Burpee Cucumber, Dib
- HMoob Cucumber, Dib HMoob
- Straight Eight Cucumber, Dib
- Bush Cucumber, Dib
- Space Master Cucumber, Dib
- Wisconsin SMR 58 Cucumber, Dib
- Chinese Yellow Cucumber, Dib Daj Me

TASTE & TRADITION



Large, ripened **HMoob cucumbers** have a velvety, custard-like texture, which is different from the firm, crunchy texture of young green cucumbers. When a large cucumber is fully mature, the inside flesh may turn white, green, or yellow. HMoob families enjoy cucumbers as a simple snack, often dipped in chili pepper sauce for a salty, spicy, and savory flavor.

RECIPE

HMoob Cucumber Drink (Dib Kaus)

Ingredients

- 3-4 cucumbers (any variety)
- 1 tablespoon of sugar
- Drinking water
- Optional: ice

Directions

1. Cut cucumbers in half lengthwise.
2. If the seeds are mature and firm, scoop them out with a spoon.
3. If the seeds are still soft and tender, they can be eaten. Use a spoon to scrape out the inner flesh into a clean bowl.
4. Continue scraping until most of the flesh has been removed.
5. Add sugar, water, and ice to the bowl and mix well. Adjust the amount of sugar and water to your taste.
6. Enjoy this cool, refreshing drink on a hot day, either on its own or paired with rice and grilled meat. You can even mix it with warm steamed rice for a light, satisfying meal!



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