CUCUMBER

♦ Cucumbers are a member of the gourd family and counts squash and muskmelons among its relatives.
♦ Chock full of vitamins: B1, B2, B3, B5, B6, Folic Acid, C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. These help to put your electrolytes in balance and will take away your headache brought on by day-to-day stress. When you have a headache (or think you'll have one in the morning), eat a few slices of cucumber before going to bed. In the morning you should be headache-free.
♦ With all of the vitamins in a cucumber, it has the ability to ease your hunger and fill you up.
♦ “Cool as a cucumber” isn’t just a catch phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.
♦ Feeling down or stressed out? Cut up an entire cucumber and put in in boiling water. Put a towel over your head and breath in the cucumber/water mixture. Your troubles should vanish and you should be relaxed after just a few minutes.
♦ There are 31 people in the US listed on whitepages.com with the last name Cucumber and they all live in North America.
♦ Another household use is to rub a whole cucumber against crayon marks on your walls, just in case your little Picasso has decided to expand his artwork. The cucumber will remove crayon and markers.
♦ Anyone allergic to pollen or aspirin should avoid eating cucumbers. They can cause an unpleasant mouth itch.