

# CUCUMBER

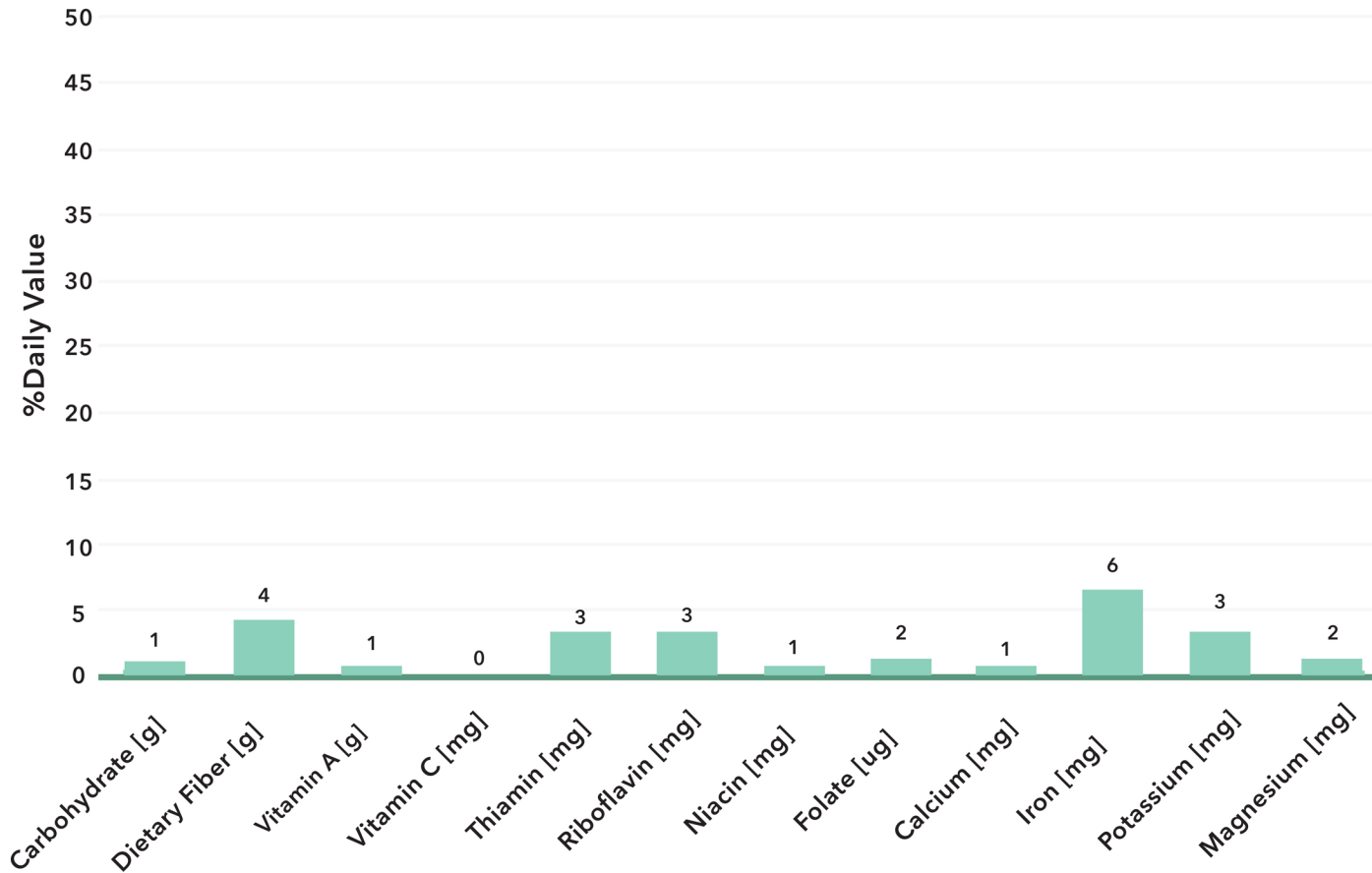


KÅMBA

# CUCUMBER/KÅMBA

(CHamoru Name)

*Cumcumis sativus*



\*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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## SEASON

Peak availability  
year-round  
January through  
December

## DID YOU KNOW?

Cucumbers grown  
in Guam are  
often the long,  
thin Japanese  
varieties

Graph based upon Hawaii  
Foods database 1 cup,  
sliced, raw (119 g)

