When Summer days become brutal, the best way to stay energized is to stay hydrated. In addition to drinking the recommended eight glasses of water per day, the cucumbers at Greensgrow market are a great way to replenish lost fluids with a host of added benefits. At 92% percent water, Cucumber is one of the most hydrating vegetables. It also contains a good amount of vitamin C and caffeic acid to nourish and protect the skin, the body’s largest organ.

Cucumber Agua Fresca
Serves 4

INGREDIENTS
Simple Syrup:
1/4 cup sugar
1/4 cup water

For The Drink:
2 large cucumbers, peeled and coarsely chopped
2 cups cold water
one 1/2" piece fresh ginger, chopped
1/4 cup fresh squeezed lime juice
Ice to serve

INSTRUCTIONS
1. Make the simple syrup: Combine the sugar and water in a 2-quart saucepan. Bring to a boil and let simmer for 3 minutes, stirring occasionally until all of the sugar is dissolved. Remove from heat and let cool completely before use. Set aside 4 tbsp. Remaining simple syrup can keep refrigerated for up to weeks.

2. Make the agua fresca: fill a blender or food processor with the chopped cucumbers, water, and the fresh ginger. Blend or process on high, repeating until all of the cucumber has been puréed. Pour the mixture into a strainer layered with cheesecloth. Strain out and discard all of the solids. Stir in 4 tbsp. of the simple syrup and the fresh lime juice. Serve over ice.