

MARTIN: It's almost Labor Day, and that means the end of cucumber season, so if you're trying to throw together a few more summer salads, listen up.

LOGAN MOFFITT: Sometimes, you need to eat an entire cucumber.

This is the best way to do it.

ISABELLA: Social media creator Logan Moffitt is behind a new cucumber craze on TikTok.

He uploads near-daily recipe videos.

Moffitt slices a cucumber on a mandoline - that's a slicer - and tosses it with a few essential ingredients.

MOFFITT: Add a bunch of soy sauce, a little sesame oil, one clove of grated garlic, little bit of sugar, MSG obviously, and a little bit of chili crisp.

ISABELLA: Then he gives everything a good shake.

MOFFITT: Shake, shake, shake, shake, shake, shake.

MARTIN: Moffitt's videos have inspired TikTok users to create their own takes on cucumber salad.

One uses smoked salmon and cream cheese.

Another resembles a California roll.

Another is drizzled with peanut sauce.

Eric Banh is a Chinese - Vietnamese chef from Seattle.

He has his own favorite cucumber salad recipe.

He starts by peeling and slicing the vegetable - but don't throw away the peels.

ERIC BANH: So the vinaigrette will be combinations of water, rice wine vinegar, brown sugar, and then you put it in a blender, along with those cucumber peels.

ISABELLA: For something a little creamier, try making a raita, an Indian yogurt-based dip.

Vishwesh Bhatt is the chef at Snackbar in Oxford, Miss.

VISHWESH BHATT: It's very similar to the Turkish or Greek tzatziki.

Essentially, you take cucumbers, and then sometimes you can add some chilies or onions and then mix all that with a little lemon juice and yogurt and some toasted cumin and some mustard.

MARTIN: Or you could make a benedictine spread.

It's a dish from the American South that's sometimes made with green food coloring.

Bhatt makes it differently.

BHATT: Cucumbers, fresh dill, parsley, little bit of garlic, onion, cream cheese, and I also like to add a little mascarpone because I like the creaminess of the mascarpone.

I don't use food coloring because I don't think it's necessary.

ISABELLA: And if you don't happen to have mascarpone on hand, just use mayonnaise.

But if all this is just too much prep for you, it's always a good time for a simple cucumber crudite.

And if you still have a few cukes left over, drop a slice into a summer cocktail or add a few to plain drinking water.

It's summer in a glass.