



Cucumber

Cucumis sativus

Nutrition Facts

- Eat cucumbers without peeling off the skin, as the skin contains important vitamins and minerals, as well as fiber.
- Cucumbers are high in calcium, iron, potassium and Vitamin A.
- Cucumbers are made up of 95% water, which helps promote clear, healthy skin.

Planting

Plant 5/5-5/30

(Guidelines for planting in raised beds)

Seeds: Build 6-7" tall mounds that are 8-10" in diameter at the base. In a 4'x12' raised bed there should be 2 mounds across and 7 or 8 mounds down. Place 3 to 4 seeds in each mound. Cover lightly with soil.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate.

Young seedlings: Once the seeds have germinated, thin the seeds so that there are 2 plants in each mound. Mulch plants with cotton burr compost or straw to keep the soil moist.

Harvest & Storage

Cucumbers will grow from bright yellow blossoms. Cucumbers can be harvested at varying sizes. Smaller vegetables are good for pickling and canning. They should be evenly green throughout the whole cucumber, and they should be firm to the touch. Discard yellowing cucumbers. Hot, dry weather can make cucumbers bitter. Cucumbers may be stored in the refrigerator for up to 10 days.

Recipe

Wash all vegetables before using

Dill Pickles

1 large cucumber
1/2 cup plain rice wine vinegar
2 tablespoons sugar
1/4 teaspoon salt

Thinly slice the cucumber and toss with vinegar, sugar and salt. Refrigerate for at least 4 hours. Drain and serve.



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