

# Guide to Growing Cucumbers



## Profile and Nutrition Facts

A crunchy, cool, and refreshing vegetable. Best consumed fresh, cucumbers are high in Vitamin K, Vitamin, C, Vitamin C, and potassium.

Cucumbers can be green, yellow, or white, and their size can range from a couple inches up to a foot. There are many different varieties of cucumbers. Some popular varieties are marketmore, straight 8, lemon, pickle, and english cucumbers.

## Planting guide

Cucumbers should be planted right after the last frost. It is important to plant in an area that receives direct sunlight for 6 hours each day. The seeds can be planted in groups of 3 seed and  $\frac{1}{2}$  deep into the soil. The clusters of seeds should be 18-36 inches apart.

## How to maintain

The soil should be moist and well-drained. To help with plant growth, add organic fertilizer to the soil 3-4 weeks after planting. Plants will vine and will grow more productively with trellising. Cucumbers are susceptible to insects. Spray the leaves with neem oil periodically to prevent them.

## How to harvest

Cucumbers can be harvested 50-70 days after planting. It is recommended to wear gloves when harvesting because of the spines on the plant. To harvest, cut 1 inch above the stem. Avoid twisting or pulling in order to prevent damaging the plant.



## How to enjoy cucumbers

Cucumbers are great by themselves or in a salad, sandwich, or dip. Depending on the type of cucumber, you can pickle it to eat months after harvesting. Cucumbers not only thrive growing near dill, they are a great companion in foods and preserved dishes.