



# Cucumber

**Plant:** If you plant more than one cucumber plant, they should be at least 4 to 5 feet apart to ensure good feeding and to allow some space to walk between the vines. Also, you might want to consider trellises made of metal or untreated wood to train the vines upwards in a vertical garden to take less space. When the warm soil is ready, you can make small furrows an inch deep into the beds and drop 3-4 seeds in each hole. Completely cover the seeds with soil although you must not pack it too tightly.

**Grow:** Cucumbers require full sun. As they are heavy feeders, an application of compost or well rotted manure worked into the planting area will help. Regular applications of a complete soluble fertilizer during the growing season are beneficial. Cucumber plants should not be allowed to wilt. Make sure cucumbers are well watered before transplanting. Spread mulch around plants before they start to vine, to cut down on weeds and conserve moisture. The mulch will also help to keep the fruit clean.

**Harvest:** Cucumbers are typically ready to harvest 55 - 65 days after transplant. Pick slicing cucumbers when they reach 6-8" long; pickling cucumbers at 3-5". Keep mature cucumbers picked off the vines to encourage a longer, abundant yield.

Nutrition Facts	
Serving Size 1/3 medium (99g)	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 4%	Vitamin C 10%
Calcium 2%	Iron 2%

## Nutritional Information:

Cucumbers are incredibly low in calories and have no fat, cholesterol or sodium. Cucumbers are also high in fiber content. Eating one serving of cucumbers will provide vitamins A, C, K, B6 as well as folate and thiamin.

**How to Prepare:** Cucumbers are traditionally eaten raw can be used in a variety of salads, in cold cucumber soup or made into pickles.



## Cucumber Salad

**Yields:** 4 servings

**Serving size:** ½ cup

### **Ingredients**

- 3 cups cucumbers, peeled, seeded, chopped
- 1/4 cup red bell pepper, chopped
- 2 tablespoons lime juice
- 4 teaspoons granulated sugar
- 1 tablespoon fresh mint, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

### **Preparation**

1. Combine cucumber, red pepper, lime juice, sugar, mint, salt, and pepper. Mix well.
2. Chill for at least 20 minutes before serving.

### **Nutrition Facts per Serving:**

35 calories, 0 g fat, 8 g carbohydrates, 1 g fiber, <1 g protein