

Cucumbers

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Cucumbers are eaten fresh or preserved as pickles. They mature quickly, and newer compact varieties allow them to be grown in small areas. The grower should cage or trellis the plants.

🌱 Grow it

Varieties

- Slicing: Suyo, Sweet Slice, and Salad Bush
- Pickling: Carolina and Calypso
- Slicing types can also be picked young and used as pickling cucumbers.



Soil Preparation

- Spade the soil to 8 to 12 inches deep, mixing an inch of compost into the soil.
- Work the soil into beds 4 to 6 inches high and at least 36 inches apart.

Planting

- Do not plant cucumbers until the danger of frost has passed and the soil begins to warm.
- Cucumbers are a vine crop requiring space. The vines can reach 6 to 8 feet long. You can train them on fences, trellises, or cages.
- Plant them in rows.
- Use a hoe or stick to make a small furrow about 1 inch deep down the center of each row.
- Drop 3 or 4 seeds in groups every 12 to 14 inches down the row. Lightly cover them with about ½ inch of soil.
- Remove all but one plant after the seeds sprout. This keeps the plant from being over crowded.

Fertilizing

- Cucumbers require plenty of fertilizer.
- Scatter 1 cup of a complete fertilizer such as 15-5-10 or 2 to 3 cups of organic fertilizer for each 10 feet of row. Work the fertilizer into the soil leaving the surface smooth.
- When the vines are 10 to 12 inches long, apply about ½ cup of synthetic or 1 to 1½ cups of organic fertilizer for each 10 feet of row.

Watering

- Soak the plants well with water weekly if it does not rain.

Care During the Season

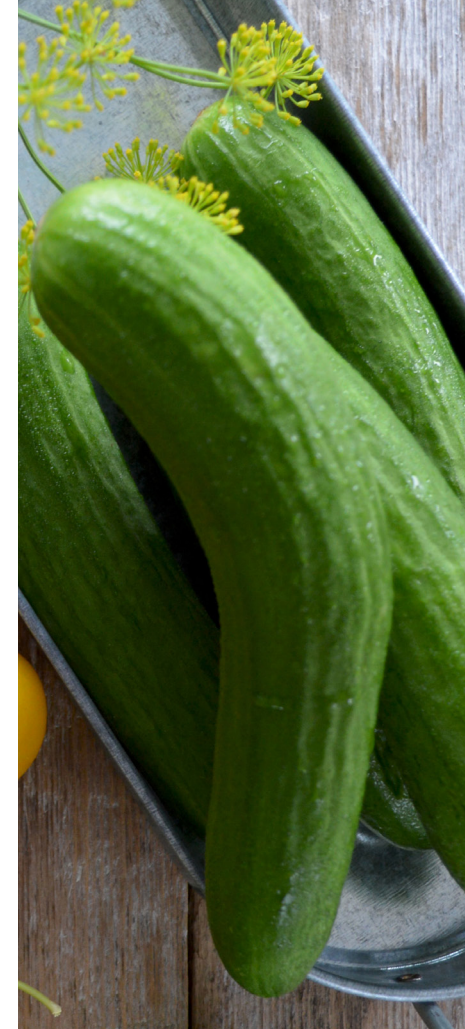
- Keep the cucumbers as weed free as possible.
- Cucumbers produce two kinds of flowers—male and female.
- Male flowers open first and drop off.
- Female flowers form the cucumber, which remains after the bloom falls off.

Insects and Diseases

- Watch for insect feeding, but pests and diseases should be minimal.

Harvesting

- Harvest cucumbers when they reach the desired size and are green in color.
- Do not wait until they turn yellow. Yellow cucumbers are over mature and will have a strong flavor.



Sun:
Full; Do not plant near trees



Soil:
Well-drained



Planting:
Warm



Harvest:
Summer-Fall



Life Cycle:
Annual



Container Friendly

Buy it

- Choose firm, well-shaped cucumbers with a dark-green color that are heavy for their size.

Store it

- Refrigerate cucumbers in a plastic bag up to 1 week.
- For canning and preservation instructions, visit nchfp.uga.edu.

Use it

Salad in a Jar

Course: Side Dish

Serves: 1

Dressing

Adding 1 to 2 tablespoons of dressing to your salad provides flavors to your salad and helps you feel fuller and more satisfied.

Non-absorbent (Hard) Vegetables

Add veggies that will not absorb all the dressing for a good base.

Absorbent (Soft) Fruit and Vegetables

Load in the layers of vegetables to create your flavor.

Protein and Cheese

Our bodies need protein to build muscle, help with cell regeneration, and increase our immune system.

Grains, Seeds, and Nuts

Adding whole grains to your salad helps you feel full longer. Nuts are good to have in salads because they have heart-healthy fats and are good sources of protein, fiber, vitamins, and minerals. Don't forget to add some seeds—sunflower or pumpkin seeds, that is.

Greens

Dark-green leafy greens offer plenty of beta-carotene and vitamin C.

Now your salad in a jar is complete! Tighten the seal and store in the refrigerator for up to 3 days. When you are ready to eat, pour it out of the jar on your plate and enjoy. You even get to reuse your jar for another salad. Remember, it's all about the layers!



Learn about it

- Cucumbers are usually eaten raw, but they may also be sautéed and served as a warm side dish with a bit of chopped dill.
- Cucumbers are a low-calorie food and a recommended source of vitamin C.
- They are free of fat, saturated fat, sodium, and cholesterol.