



# Cucumber

## Planting from Seed

**When to start seeds indoors:** 2-3 weeks before the spring frost date

**Earliest date to transplant hardened off seedlings:**

1-2 weeks after spring frost date

**Days of Germination:** 3-10 days (in optimal conditions)

## Planting in the Garden

**Recommended garden type or method:** Direct sow, Greenhouse/hoop house, field grown, strawbale, hydroponic, prefer trellis, do not disturb roots when transplanting, sensitive to cold. Trellis for straight fruit.

**Spacing:** 12" apart, rows 6' apart

**Companion plants:** Carrots, parsnips, radishes. Avoid broccoli, cauliflower, cabbage.

## Harvesting

1 seed = 2 to 5 lbs.

**Days to Harvest:** 50-70 days

**Directions:** Check see packet or pot label for variety size guidelines. Pick daily to continue fruit production. When fruit is still deep green, firm and smooth, pinch the stem and snap the cucumber off, or twist from the vine. Cool cucumbers quickly but only to 55', store above 45' to avoid chilling injury.

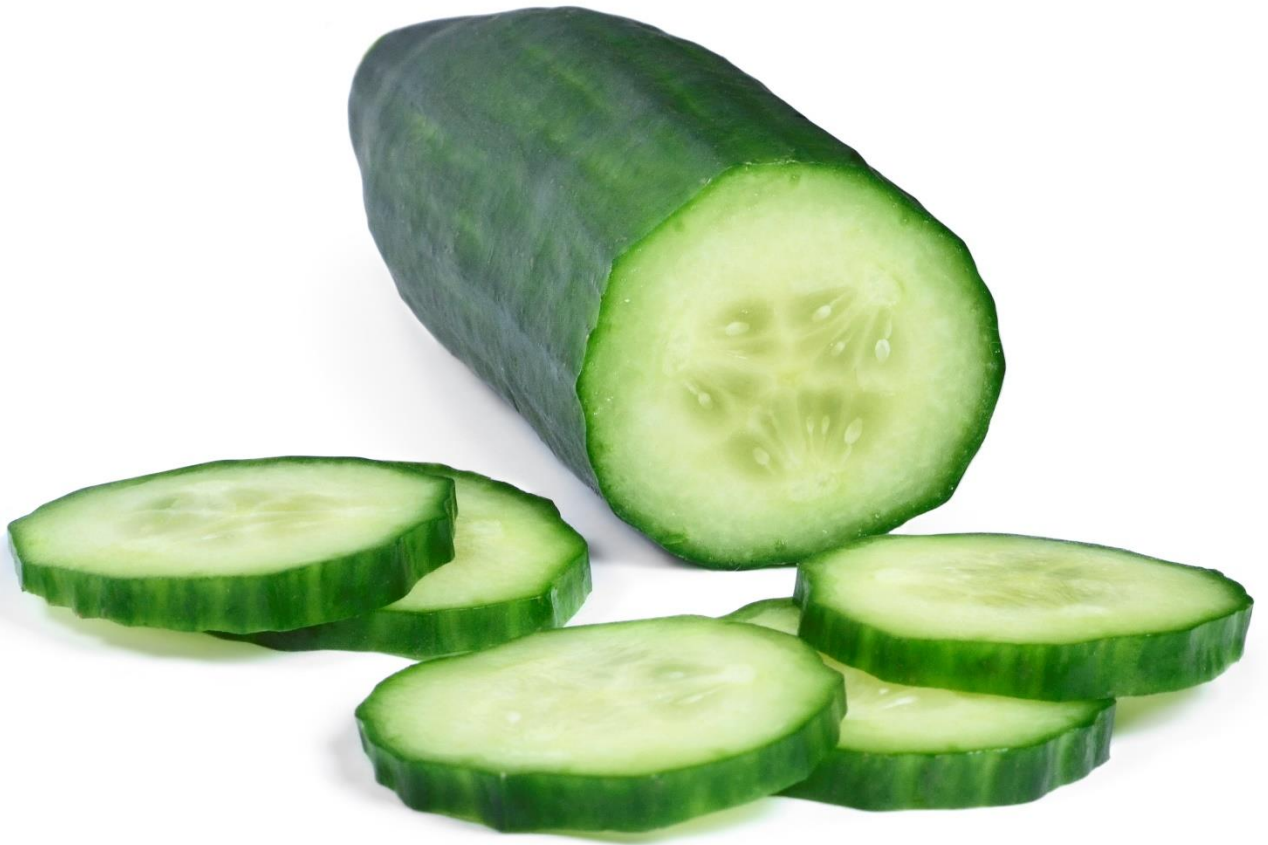
## Use in the Kitchen

**Vegetable subgroup:** Other

**Preparation:** Wash, slice

**Menu Planning Ideas:** Raw, cucumber and tomato salad, tzatziki, quick pickles

**Suggested Flavor Enhancers:** Vinegar, Greek yogurt, dill, cilantro, mint



## The Lifecycle of Farm to School

This institution is an equal opportunity provider.