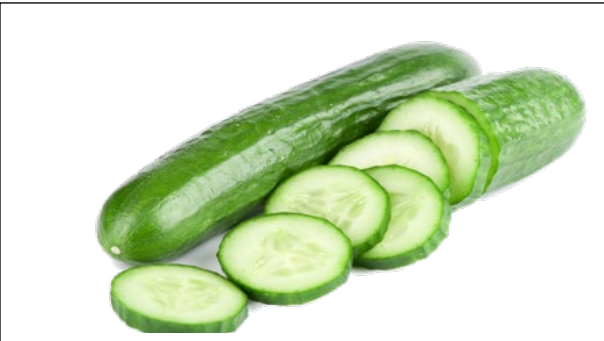




Know What You Grow!



Cucumber

Scientific Name: *Cucumis sativus*

Varieties of cucumbers include the slicing or fresh salad type. There are numerous varieties, here are few.

Recommended Varieties:

Slicing

- Dasher II, Sweet Success, Burpee Hybrid, Sweet Slice (burpless)

Pickling

- Liberty Hybrid, Saladin, Pickle Bush

Common Pest(s):

Many Problems can arise when growing cucumbers, please refer to [IPM](#)

Source: Master Gardeners Handbook

Photos: Creative Commons

Growing Information

Warm Season Plant

Cucumbers are very tender, warm-season plants that grow best in temperatures from 65° to 75°F with a minimum temperature of 60°F and a maximum of 90°F.

Ideal Planting Window

Inland Valley - April - July

Desert - February -May; August

Growing Guidance

The preferred method of cucumber planting is direct seeding in the garden after the soil has warmed as the seeds will not germinate in a soil chillier than 60° F. Just push two or three cucumber seeds an inch into the soil, spacing the plantings 18 to 36 inches apart.

Further information: [Burpee](#)



Interesting Facts

Humans have been cultivating and eating cucumbers for at least 3,000 years. They originated in India (South Asia) but are now grown worldwide.

Cucumbers are harvested from the vine plant *Cucumis sativus* and its varieties. There are over 120 different varieties of cucumbers cultivated. The varieties of cucumbers are separated into three groups, slicing, pickling and burpless/seedless.

The outer part of a cucumber is called the peel, this is the green skin surrounding a cucumber.

The inner part of a cucumber is called the flesh, this is the soft, light green mass inside the peel.

The center part of a cucumber contains seeds. Some cucumber varieties don't have any seeds.

Cucumbers are one of the most cultivated vegetables in the worldwide.

The composition of a raw cucumber with its peel is 95% water.

[Facts Just For Kids](#)

Contact Information



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Nutritional Information

Nutritional Value

Calories: 45, Total fat: 0 grams, Carbs: 11 grams, Protein: 2 grams, Fiber: 2 grams, Vitamin C: 14%, Vitamin K: 62%, Magnesium: 10%, Potassium: 13%, Manganese: 12% - % based on RDI, and one 11oz. unpeeled cucumber.

[Healthline](#)

Recipe: Tomato and Cucumber Salad



Ingredients:

- 1 cucumber, peeled and sliced
- 2 Roma tomatoes, chopped
- 1 red or green bell pepper, chopped
- 1 green onion, thinly sliced
- ½ cup sliced Kalamata or California black olives, optional
- 2 tablespoons chopped fresh parsley
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- ½ cup crumbled feta cheese

Prepare:

Put all the vegetables in a bowl.

Add the olives, if using, parsley, lemon juice, olive oil, and feta cheese. Stir lightly to combine. Serve immediately.

[Cooking with Kids](#)