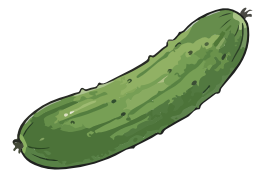
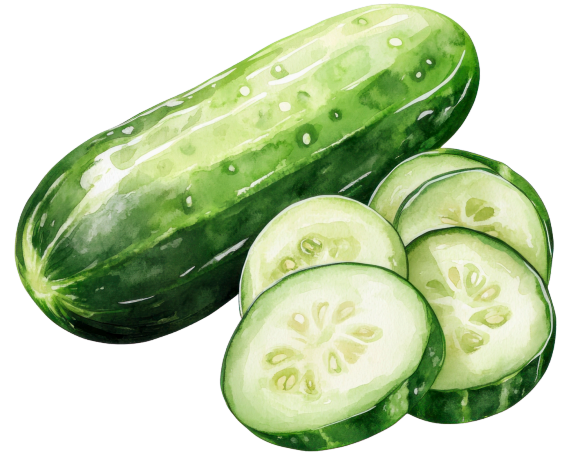


CUCUMBER



Did you know?

Cucumbers are actually a fruit because they develop from a flower and contain seeds!



Vocabulary

Vine – a plant with a long, flexible stem that can spread or climb.

Trellis – a structure that helps climbing plants grow upward.

Pickle – a cucumber that has been preserved in a salty or acidic liquid.

Farm Facts

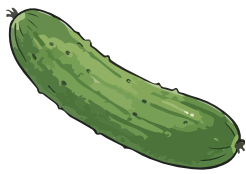
- Cucumbers are warm-season crops.
- Cucumber plants need plenty of sunlight and water
- Bees and other pollinators help cucumber plants produce fruit.
- Cucumbers are harvested by hand.

Nutrition

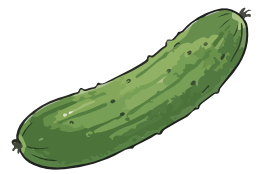
- Vitamin K
- Fiber
- Vitamin C

Vermont Facts

- Vermont-grown cucumbers can be eaten fresh or turned into pickles.
- Best when grown in warm weather!



CUCUMBER



How it's Grown

Plant type: Annual, squash family

Growing Season: Spring through summer

Harvest Season in Vermont: Summer and early fall

Sunlight Needs: Full sun (6-8 hours daily)

Soil: Fertile, well-drained soil

Pollination: Bees and other pollinators help cucumber flowers produce fruit

Harvest Method: Picked by hand and multiple times throughout the season based on ripeness and desired size

Uses

- Salads
- Sandwiches
- Wraps
- Snacks
- Dips
- Salsas

Types

- Slicing: Usually eaten fresh
- Pickling: Often smaller and used to make pickles
- English: Long, slender cucumbers with thin skin and relatively small seeds
- Gherkins: Small cucumbers that are commonly pickled

Nutritional Facts (per 1 cup)

- About 95% water
- Vitamin K: Important for normal blood clotting and bone health
- Vitamin C: Supports normal immune function and acts as an antioxidant
- Potassium: An important mineral involved in normal muscle and nerve function
- Fiber: Supports healthy digestion
- Low in calories and fat

Vermont Agriculture

Cucumbers are a warm-season crop that can be grown throughout Vermont during the frost-free portion of the year.

Vermont growers may produce cucumbers for fresh markets, farm stands, farmers' markets, restaurants, and pickling.

Cucumbers are well suited to diversified vegetable farms because they can produce a large number of fruits over a relatively long harvest period.

