

South Carolina



Farm to



School



Palmetto Pick of the Month CUCUMBERS

OCTOBER



DESCRIPTION

Cucumbers are long, dark-green-skinned fruits that are easy to grow. They are divided into two categories, slicing and pickling. They can be killed by frost, and therefore grow best in South Carolina during the summer and fall.

PREPARING

Cucumbers will keep for up to 10 days in the refrigerator if stored properly. Since cucumbers are mostly water, wrap them in plastic wrap to keep their moisture. When you are ready to eat, wash the outside of the cucumber with water. Enjoy with the skin on or off.

GROWING CUCUMBERS

Sun Exposure: Full Sun

Soil Type : Loamy

Soil pH: Neutral

Plant cucumber seeds outside in full sun, when the soil reaches at least 70 degrees Fahrenheit. Dig about 1 inch deep holes to plant seeds, placing them 36-60 inches apart. Cucumbers require a lot of water. For the entire growing process water frequently, and even more when the fruits start appearing. Start harvesting cucumbers before they get too large. Pick cucumbers every couple of days. To pick, cut the stem above the fruit to avoid damaging the vine.

HEALTH BENEFITS

Cucumbers can be used in many ways. They have a cooling and soothing effect and their anti-inflammatory agent is great when applied to skin or eaten.

BOOKS

Cool as a Cucumber
by Gail Gibbons

Cucumber Soup
by Vickie Krudwig

PALMETTO PICK OF THE MONTH SNACK

Try adding cucumbers to water for a bit a flavor or just eating slices by themselves.

