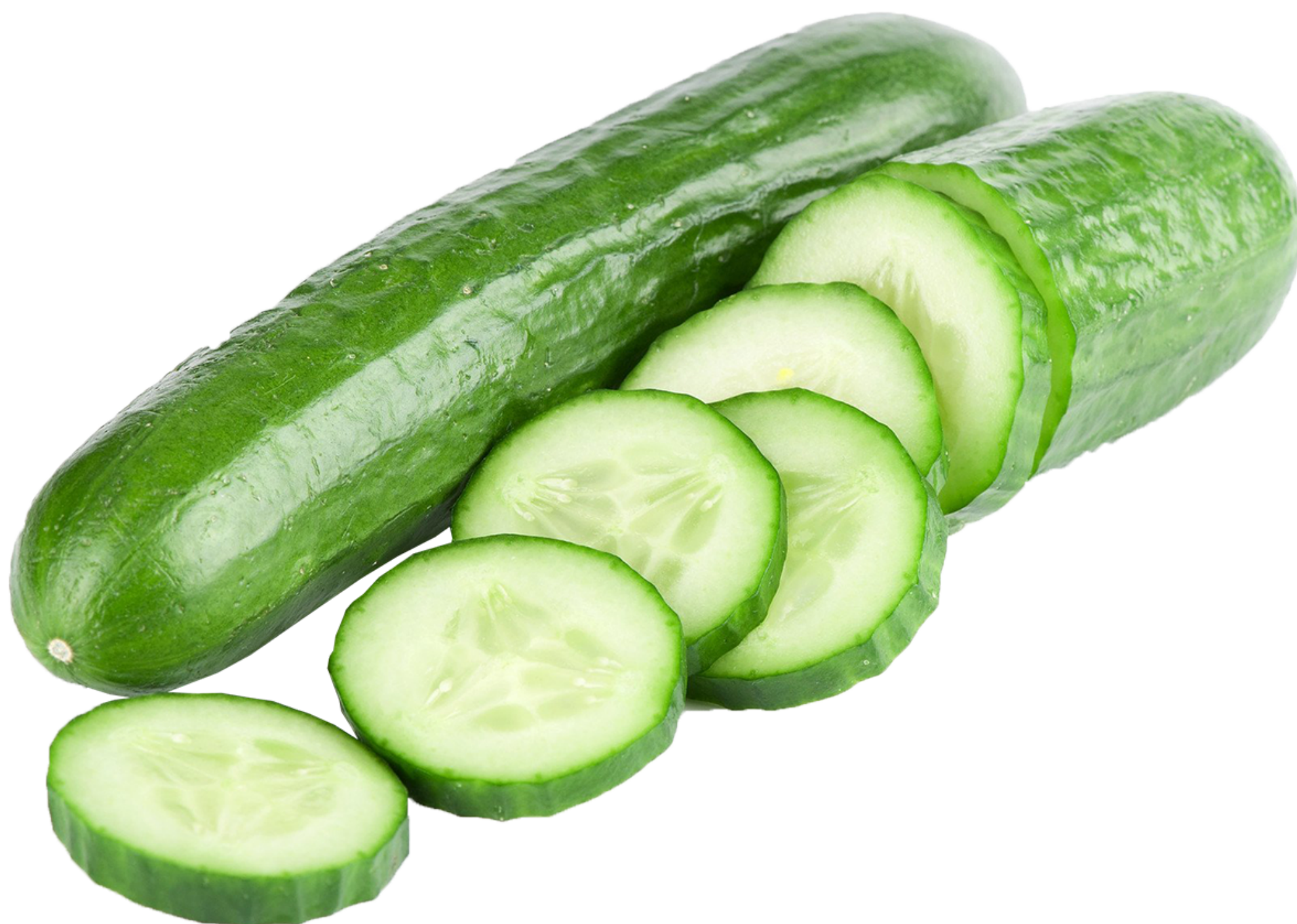




CUCUMBERS

SUMMER

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Grow cucumbers from direct seed or transplants in a well-drained, sunny area after the last frost has passed. Sow seeds 1/2 to 1 inch (in.) deep. Thin seedlings 12 in. apart. You may plant transplants 12 in. apart. If trellised, plant 3 to 4 seeds every foot, distancing rows 30 in. apart. Harvest cucumbers while they are still immature, after 50 to 70 days.



PREP

Wash cucumbers well with cool water. Depending on your preference, remove the cucumber skin. Cut cucumbers into desired-sized pieces. Prepare cucumbers to be eaten raw, pickled, or as an added ingredient to an entrée.



EAT

Begin your day with a nutritious smoothie made with cucumber and other fruits and vegetables! Top a salad with diced cucumbers. Dip cucumber slices into ranch or vegetable dip for a delicious snack! Enjoy cucumbers in your favorite sushi roll. Snack on homemade pickles made from pickling cucumbers!



LEARN

Cucumbers are native to southern India and have been grown for over 4,000 years. Cucumbers are **vegetables** that are high in many vitamins and minerals. In 1991, researchers at the University of Arkansas developed a new variety of cucumber called Arkansas Little Leaf!

