

SUSTAINABLE GARDENING

FOR SCHOOL AND HOME GARDENS

Cucumber

Cucumis sativus



QUICK FACTS

- Plant family: Cucurbitaceae (Gourd)
- Season: Warm
- Life cycle: Annual
- Seed to first harvest: 45-65 days

History

Cucumbers are members of the Cucurbitaceae family, also known as the cucurbits or gourd family (see Figure 1). The group includes crops such as winter and summer squash, watermelon, cantaloupe, pumpkins and gourds.

It is believed that cucumbers originated in India over 3,000 years ago and then spread to China, Greece, Italy and North Africa (see Figure 2). By the ninth century, cucumbers were grown in France, likely transported by the Romans. They were not documented in England until the 14th century. Cucumbers were then transported to the Americas during colonization, led by Columbus around the mid-1500s, and were grown in early Virginia and Massachusetts settlements. By 1650, cucumbers were grown in South America.

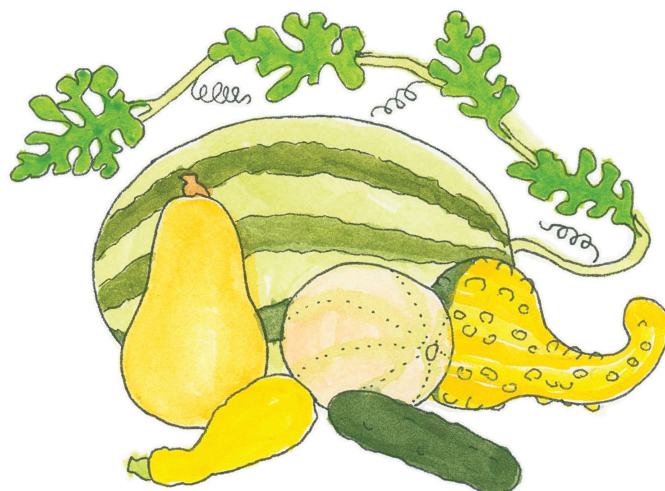


Figure 1. Cucumbers belong to the Cucurbitaceae plant family, along with cantaloupe, watermelon, summer and winter squash, gourds and many more.

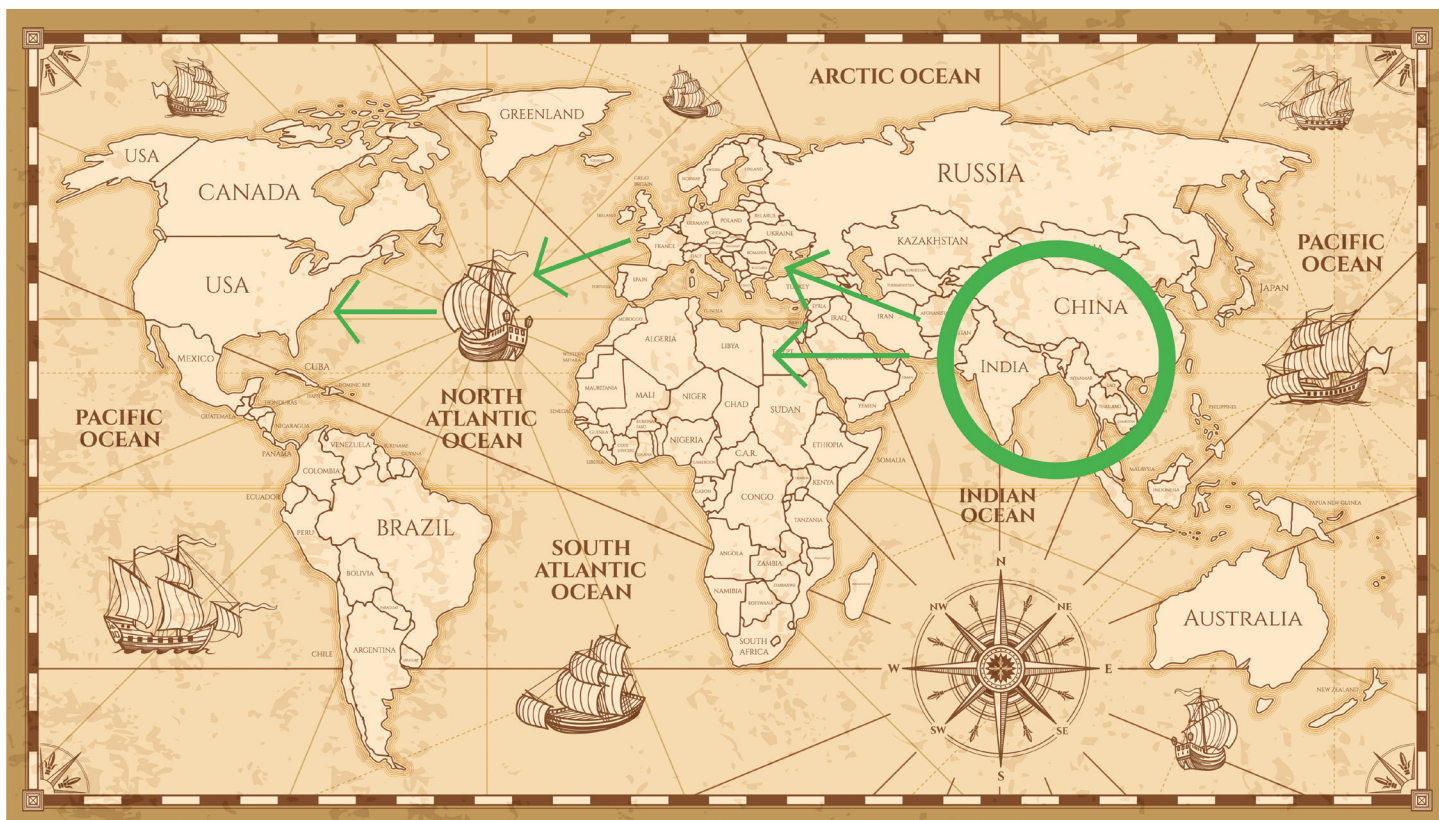


Figure 2. Map showing the origin and migration of cucumbers to the U.S.

Cucumbers are annuals (with a life cycle of one year) that require a long, warm growing season. Tolerant

of hot weather, many cucumber varieties are highly suitable to the Louisiana climate.

Growing

Varieties

Cucumbers can be divided into two main types: (1) slicer or fresh market and (2) pickling (see Figure 3). Slicer cucumbers are generally long and dark green with a smooth, thick skin. Pickling cucumbers are lighter green, short and blocky, with a warty or bumpy tender skin. They are an ideal size and shape for pickling but can also be consumed fresh. Many slicer and pickling types are particularly well suited for the hot and humid Louisiana climate, such as Ashley, General Lee and Tasty Green.

Other specialty cucumber types include English (also known as greenhouse or long Dutch), which produce very long, slender and seedless fruit and miniature, which produce smaller fruit (see Figure 3). Cucumber plants have a vining growth habit that is either indeterminate (continuous growth until plant death), determinate (a set, “determined” growth), or compact (shorter growth).

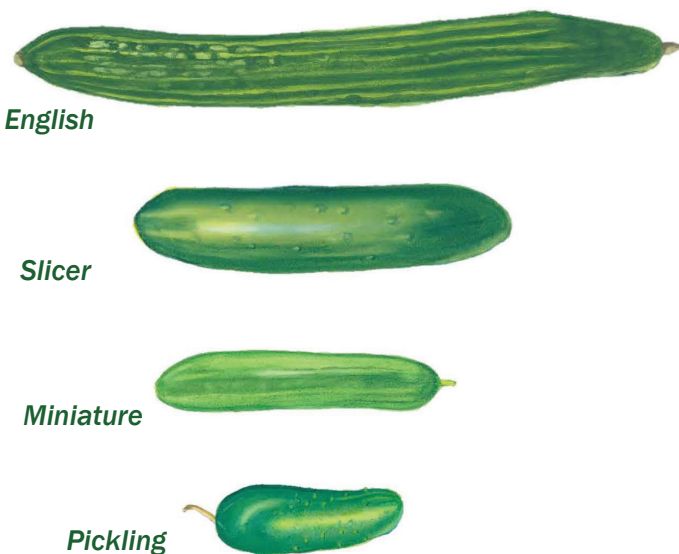


Figure 3. The main types of cucumbers are slicer and pickling. Other specialty cucumber types include English and miniature.

Cucumbers have either open-pollinated (including heirloom) or hybrid varieties. Some cucumber varieties are heirlooms, like Suvo Long and Boston Pickling, meaning these seeds have been saved for at least 50 years, can be saved each season and replanted, and are open-pollinated. Most cucumber varieties (except English/greenhouse) are insect-pollinated, so if saving seed, different varieties must be separated by a distance of 800 feet to one-half

mile to avoid easy cross-pollination. Generally, it is not recommended to save seed for future planting with hybrid varieties, as they are usually not expressed properly in the next generation.

Cucumber plants are mostly monoecious, which produce both male and female flowers on the same plant, but gynoecious types, which only produce female flowers, also exist. Both male and female flowers are open for a single day. Male flowers open about 10 days before female flowers and outnumber female flowers. Gynoecious types are often preferred because only female flowers produce fruit, generally mature earlier with a higher yield and have a more concentrated fruit set. To produce pollen in the garden, one pollinizer plant must be planted for every 10 gynoecious plants; this seed is included in the seed packet along with the gynoecious variety.

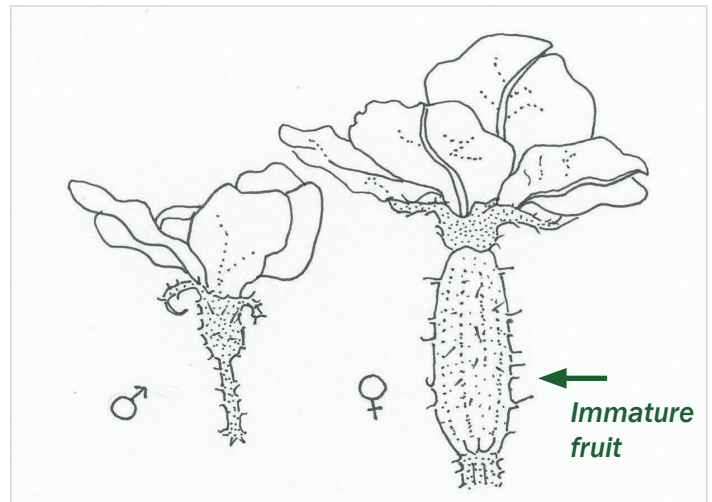


Figure 4. Male (left) and female (right) cucumber flower, with an immature fruit developing below the female flower.

Some cucumber varieties are also parthenocarpic, which bear fruits without pollination, resulting in seedless cucumbers. Seedless cucumbers are also referred to as “burpless,” meaning they bear fruits with thin, nonbitter skin. Parthenocarpic cucumbers have been traditionally grown in greenhouse and high tunnel conditions (lower light, higher humidity and temperature) to prevent bees from cross-pollinating flowers and causing seed development and have better disease resistance than other types. Nearly all English cucumber varieties are seedless and thin skinned.

It is recommended to select disease resistant varieties whenever possible. See the recommended cucumber varieties for Louisiana in Table 1.

Table 1. Recommended Cucumber Varieties for Louisiana

Variety Name	Description	Days to Harvest*	Fruit Size	Resistance & Tolerance
Slicer/Fresh Market				
Ashley	Dark green fruit; grows well in hot, humid climates; productive heirloom variety.	58 days	7-8" long	Angular leaf spot, downy mildew, powdery mildew.
Cortez (Daytona)	Dark green fruit; high quality; gynoecious; hybrid.	60 days	2"x 9" long	Angular leaf spot, anthracnose, downy mildew, powdery mildew, scab, cucumber mosaic, watermelon mosaic, zucchini yellow mosaic, and papaya ringspot viruses.
Dasher II	Dark green fruit; early variety; very productive; high quality; gynoecious; hybrid.	58 days	8-10" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Diva	Glossy, dark green fruit; burpless (thin, nonbitter skin); flavorful, tender and crisp; very productive; seedless; gynoecious; open-pollinated.	58 days	5-7" long	Angular leaf spot, cucumber vein yellowing virus, downy mildew, powdery mildew, scab.
Fanfare	Dark green, slender fruit; compact semibush vines; flavorful; very productive; monoecious; hybrid	52-63 days	8-9" long	Anthracnose, downy mildew, powdery mildew.
General Lee	Dark green fruit with white spines; uniform; attractive; very productive; bred for the South; adaptable; gynoecious; hybrid.	52-66 days	8-8.5" long	Cucumber mosaic virus, downy mildew, powdery mildew, scab.
Marketmore 76	Slender, dark green fruit; mild taste; vigorous; very productive; heat tolerant; open-pollinated.	57-65 days	8-9" long	Anthracnose, angular leaf spot, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Olympian	Straight, dark green fruit; uniform; very flavorful and productive; gynoecious; hybrid.	52 days	8-9" long	Anthracnose, downy mildew, powdery mildew.
Poinsett 76	Dark green fruit; grows well in coastal areas; open-pollinated.	56 days	7-8" long	Angular leaf spot, anthracnose, downy mildew, powdery mildew, spider mites.
Rockingham	Smooth, dark green fruit; productive, vigorous hybrid.	58 days	8.5" long	Angular leaf spot, anthracnose, cucumber mosaic virus, powdery mildew, scab.
Salad Bush	Glossy, dark green fruit; small and compact bush type; smooth skin; tender and crisp; hybrid.	57 days	8" long	Cucumber mosaic virus, powdery mildew, scab.
Slice More	Dark green, straight fruit: smooth skin, burpless (thin, nonbitter skin), very productive; uniform, adaptable hybrid.	62 days	8" long	Anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Spacemaster	Green fruit; compact bush type; gynoecious; heirloom variety.	60 days	7.5" long	Cucumber mosaic virus, scab.

Variety Name	Description	Days to Harvest*	Fruit Size	Resistance & Tolerance
Speedway	Dark green, straight fruit; smooth skin; early variety; productive; high quality; gynoecious; hybrid.	56 days	8" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Stonewall	Dark green, straight fruit; productive; high quality; stores well; early variety; hybrid.	53 days	8-9" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Straight Eight	Dark green fruit; uniform; productive; dependable; flavorful heirloom variety.	57-63 days	8" long	Angular leaf spot, anthracnose, powdery mildew, spider mites.
Suyo Long	Long, dark green fruit; burpless (thin, nonbitter skin); tends to curl; heat tolerant, vigorous and hardy; productive, flavorful, Asian heirloom variety.	60-65 days	15-18" long	Powdery mildew.
Sweet Slice	Long, dark green fruit; burpless (thin, nonbitter skin); crisp and sweet; high quality, productive hybrid.	62-63 days	9-12" long	Anthracnose, downy mildew, powdery mildew.
Sweet Success	Long, seedless, dark green fruit; high quality; tender skin; burpless (thin, nonbitter skin); gynoecious; hybrid.	58 days	12" long	Angular leaf spot, cucumber and watermelon mosaic viruses, scab, target leaf spot.
Tasty Green	Long and slender Asian variety; dark green fruit; burpless (thin, nonbitter skin); very productive, early variety; high quality, flavorful and crisp; grows well in hot, humid climates; hybrid.	55-60 days	9" long	Downy mildew, powdery mildew
Thunder	Dark green, extra-long fruit; smooth skin; early variety; productive; gynoecious; hybrid.	55 days	18-20" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab, zucchini yellow mosaic virus.
Pickling				
Boston Pickling	Medium green fruit; blunt shape; mild flavor; crisp, productive heirloom variety.	50-58 days	5-6" long	Cucumber mosaic virus.
Calypso	Blocky, light green fruit; early variety; uniform and very productive; high quality; gynoecious; hybrid.	52-53 days	4" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Carolina	Dark green fruit; high quality; productive; early variety; hybrid.	49-51 days	3" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew, scab.
Eureka	Dark green fruit; early variety; very productive; flavorful and crisp; hybrid.	56-57 days	5-7" long	Angular leaf spot, anthracnose, downy mildew, powdery mildew, scab; cucumber mosaic, watermelon mosaic, zucchini yellow mosaic, and papaya ringspot viruses.

Variety Name	Description	Days to Harvest*	Fruit Size	Resistance & Tolerance
Fancipak	Medium dark green, blocky fruit; very flavorful and crisp; productive; dense foliage; gynoecious; hybrid.	57 days	4" long	Angular leaf spot, anthracnose, cucumber and zucchini yellow mosaic viruses, downy mildew, powdery mildew.
Homemade Pickles	Medium green fruit with small white spines; firm and crisp; flavorful and vigorous; very productive; open-pollinated.	55-60 days	5-6" long	Angular leaf spot, anthracnose, cucumber mosaic virus, downy mildew, powdery mildew.
Jackson	Medium dark green, blocky fruit with white spines; hybrid.	49 days	3-5" long	Angular leaf spot, anthracnose, cucumber mosaic virus, powdery mildew, scab.
National Pickling	Medium green, striped fruit; blunt and slightly tapered ends; very productive; heirloom variety.	52-54 days	5-6" long	Cucumber mosaic virus, scab.
Greenhouse (English/Long Dutch)				
Bologna	Long, straight, dark green fruit; vigorous; very heat tolerant; productive hybrid.		13-15.5" long	Powdery mildew, scab, target spot.
Camaro	Long, ribbed, green fruit; gynoecious; productive; better suited as fall crop; low light tolerant; hybrid.		13-15.5" long	Powdery mildew.
Miniature				
Delta Star	Dark green, slightly ribbed fruit; vigorous; flavorful; stores well; hybrid.		6-7" long	Cucumber mosaic virus, cucumber vein yellowing virus, powdery mildew, scab, target spot.
Jawell	Dark green, ribbed fruit; uniform; early variety; gynoecious; productive; stores well; hybrid.		6-7" long	Cucumber mosaic virus, powdery mildew.
Katrina	Seedless, green fruit; thin skin; early variety; heat tolerant; very productive; uniform; gynoecious; hybrid.	49 days	5.5-6.5" long	Cucumber mosaic virus, cucumber vein yellowing virus, powdery mildew, scab.

Notes: *From direct seed to harvest

Table varieties selected from recommendations from LSU AgCenter, UF Extension, Texas A&M Extension and Southeastern U.S. Vegetable Crop Handbook.

Variety descriptions compiled from High Mowing Organic Seeds, Johnny's Selected Seeds, Reimer Seeds, Southern Exposure Seed Exchange, Sow True Seed, All-America Selections, Jordan Seeds and Sakata Seed America.

Other recommended cucumber varieties for Louisiana include:

Slicer/Fresh Market: Indy, Intimidator, Talladega

English/Long Dutch: Cumlaude, Discover, Verdon

Miniature: Manar, Picowell

When and How to Plant

Cucumbers should be direct-seeded outside during the recommended planting dates (see Table 2). As warm-season crops, plant cucumber seeds outside when the soil temperature has warmed to 60 to 95 degrees Fahrenheit (optimum of 85-95 F; minimum of 60 F). If planting early when soil temperatures reach 60 F, be sure there is no danger of frost and consider using row cover and plastic mulch for protection and to increase soil temperature. The use of a soil temperature map can help guide planting decisions.

Refer to the Cucumber Planting Guide (Table 2) for the recommended spacing when direct-seeding outside. Sow about three seeds one-half to three-quarters of an inch deep, cover with soil and water in. Seeds should emerge in about five to 10 days, then thin to one plant at the recommended spacing distance. After germination, cucumber plants prefer warm days (80-90 F) and warm nights (60-70 F) with low humidity. Temperatures above 95 F or below 60 F may stunt plants and reduce yield.

Table 2. Cucumber Planting Guide

Cucumber Type	Plant Outside Dates	Seed Spacing (inches)	Row Spacing (inches)	Days to Harvest*
Slicer	North LA: March 15-May 15, July 15-Aug. South LA: March-May 15, Aug.-Sept. 15	9-12	36-72	45-65 days
Pickling	North LA: March 15-May 15; July 15-Aug. South LA: March-May 15; Aug.-Sept. 15	6-8	36-48	45-65 days

*Seed to first harvest
Note: Table adapted from LSU AgCenter and UF Extension Planting Guides, and Southeastern U.S. Vegetable Production Handbook.

Cucumbers can also be started inside and transplanted outside. Due to rapid growth it is recommended to start seeds only three to four weeks before planting outside, otherwise seedlings may become stunted and too large for successful transplanting, and the transplants may have already started flowering.

Where to Plant

Cucumbers are a warm-season crop that prefers well-drained, aerated soil and full sun (at least six hours per day). Cucumber plants prefer a soil pH between 5.5 and 7.0. It is recommended to plant in box beds or in traditional raised garden rows that are 4-6 inches tall to ensure good drainage and prevent disease. In all types of gardens, it is recommended to add a 2-3-inch layer of compost, peat moss, rotted hay or other organic matter and mix into the soil to optimize plant health. This is especially important for cucumbers as they thrive in soil high in organic matter. If cucumber plant leaves turn yellow or bronze, the soil may be deficient in nitrogen or potassium, respectively.

Black plastic mulch — or a plastic fabric/film — is recommended to increase soil temperature, improve yield, fruit size and quality while controlling weeds and conserving moisture. Mulching will also help to deter common cucumber insect pests like cucumber beetles. Organic mulches like straw or hay can also be used.

Floating fabric row covers are also recommended for this crop to improve growth and deter pests during the seedling stage. Row covers should be removed when plants enter the flowering stage of growth to optimize pollination.

Each season rotate plant families — avoid planting crops from the same plant family in the same area of the garden — to reduce disease and insect pests. A longer crop rotation of three to four years is recommended for *Cucurbitaceae* crops to reduce insect pest pressure and risk of disease.

Plant Care

Watering: Deep, uniform watering is important for cucumber plants as their root system can be 3-4 feet deep. Avoid wetting the plant foliage. When cucumber plants experience drought, the fruit may become bitter and underdeveloped. Adequate watering is essential during germination, vining and fruit development. In general, vegetable crops require 1 inch of rain or supplemental irrigation a week.

Fertilization: Cucumbers require sufficient but not excessive nitrogen. If over-fertilized or grown following beans or other legumes, plants may produce excessive vines and little fruit. As a long-season crop, it is important to continue to side-dress cucumbers to keep plants productive.

Organic fertilizers, such as compost, fish emulsion, composted poultry litter or manure, worm castings, and blood or bone meal, originate from living organisms. They are far safer and more environmentally sustainable than traditional synthetic fertilizers. They naturally release nutrients more slowly and over a longer period of time. When applying organic fertilizer, it is important to use in unison with compost, cover crops and crop rotation, which all work together to build soil health. Learn how to convert inorganic fertilizer recommendations to organic fertilizers [here](#).

Alternatively, a synthetic fertilizer may be used at the rate of about 1 pound (2 cups) of 13-13-13 for every 25 feet of row or 75 square feet. Broadcast or sprinkle evenly over the soil before planting and then mix in about 3 to 6 inches deep using a rake. Supplemental side-dressing, or reapplication of synthetic or organic fertilizer, is recommended when plants start vining. Side-dressing is the addition of a small amount of fertilizer to the soil around already established plants when the plant begins to fruit or vine, primarily to provide nitrogen. If using synthetic fertilizer, sprinkle 2 tablespoons around each plant, keeping it about 6 inches away from the plant stem, and water into the soil. Additional side-dressing may be applied every three to four weeks. Fish emulsion can provide a quick-release form of nitrogen for side-dressing with an organic fertilizer.

Support: For all cucumber types it is recommended to use stakes, mesh trellises or a wire fence at least 6-8 feet tall for support. This will improve fruit quality, optimize yield, keep fruit clean and increase ease of harvest. It is recommended to use a nylon netting mesh trellis that is attached to T-posts for easiest setup, portability and durability. This support method allows more air circulation than stakes and is more portable than a wire fence. Here is a helpful [video](#) explaining trellising using nylon netting and plastic C-clips to train a vertical growth habit. As plants grow, they will self-attach with tendrils (see Figure 5).

Bitterness: Crops in the *Cucurbitaceae* family produce cucurbitacin, a chemical that causes bitter-tasting fruits. The likelihood of bitter fruit increases with close, intensive planting of crops from this family but can also be triggered by high and/or fluctuating temperatures, low and/or irregular irrigation, and low soil fertility and/or pH.



Figure 5. Cucumber plants with tendrils self-attaching to a nylon trellis.

Weeds: Plastic or organic mulch will control most of the weeds; hand pull weeds close to the plant, especially those growing in the planting holes.

Insect pests and diseases: Aphids are a common insect pest for cucumber plants and can transmit harmful viruses like cucumber, watermelon and zucchini yellow mosaic viruses and the papaya ringspot virus. Other common cucumber insect pests include cucumber beetles, spider mites and whiteflies. Regular monitoring can help identify symptoms of these insect pests and allow for early treatment and management. Cucumbers are also susceptible to viruses (e.g., cucumber, watermelon and zucchini yellow mosaic viruses and the papaya ringspot virus) and fungal diseases (e.g., anthracnose, downy and powdery mildew). Some varieties are resistant to specific diseases, and these should be selected and planted. Generally recommended tools for prevention are using reflective mulches, avoiding overhead irrigation, improving air circulation by trellising and using adequate plant spacing, and crop rotation (at least three to four years). See Table 3 to aid in diagnosis and management of some common cucumber insect pests and diseases.

Table 3. Organic and Natural Management for Common Cucumber Pests and Diseases

Symptoms	Diagnosis	Organic and Natural Management
• Warm, humid conditions. • Small yellow-green, water-soaked spots on lower and older leaves. • Older spots become brownish-black with yellow halo. • Defoliation, sunscald. • Blossom drop and yield loss.	Alternaria leaf spot	• Plant resistant varieties. • Crop rotation. • Maintain good growing conditions; reduce plant stress. • Avoid overhead irrigation. • Avoid working in wet fields. • Copper-based fungicide sprays.
• Warm, humid temperatures with frequent rainfall. • Circular yellow-tan lesions on leaves that turn black. • Elongated lesions on stems and petioles. • Scorched-looking plants. • Sunken, circular, water-soaked lesions on large fruit. • Pink/salmon-colored spores in center of lesions on fruit. • Malformed young fruit.	Anthracnose	• Crop rotation (three years). • Plant resistant varieties. • Avoid working in fields when plants are wet. • Mulch; avoid overhead irrigation. • Regular harvest; remove diseased fruit. • Organic/natural fungicides.
• Curled and yellowed leaves. • Stunted crops. • Sticky honeydew on leaves.	Aphids	• Timely planting and harvest. • Reduce water stress. • Weed control. • Use water jet to dislodge. • Reflective mulches; insect barrier fabric. • Beneficial insects: lady bugs, lacewings, predatory stink bugs, syrphid flies. • Insecticidal soap, neem oil, pyrethrin, Azera.
• Misshapen fruits with brown lesion on blossom end. • Premature fruit ripening. • Dry weather; calcium deficiency. • Drought stress; root damage. • Over-irrigation, high humidity.	Blossom-end rot	• Plant resistant varieties. • Keep soil pH at 6.0 to 6.5. • Fertilize (abundant calcium) and mulch. • Adequate, consistent irrigation, avoiding wet/dry extremes. • If soil is calcium deficient, drench soil around plants with calcium solution; remove fruit.
• Transmitted by aphids. • Yellow-green mottling or mosaic pattern on leaves. • Distorted, deformed leaves. • Stunted young leaves and plants. • Low yield; small, deformed, discolored fruit.	Cucumber, watermelon, and zucchini yellow mosaic viruses	• Plant resistant varieties. • Control aphids and weeds. • Remove and destroy infected plants and crop debris.

Symptoms	Diagnosis	Organic and Natural Management
• Cream-colored larvae, ⅜-inch long. • Adult yellow beetles with black spots/stripes; ¼-inch long. • Feeding damage on foliage, especially young leaves. • Often causes bacterial wilt (vines suddenly wilt and die). • Stunted plants or death.	Cucumber beetle	• Crop rotation. • Trap cropping (Hubbard squash). • Dip/spray seedlings with kaolin clay (can also combine with insecticidal soap or neem oil). • Floating row cover. • Beneficial insects: parasitic wasp. • Remove crop debris. • Insecticides: pyrethrin, neem, sabadilla.
• Damp, cool conditions. • Small, yellowing, angular patches on leaves. • Damping off.	Downy mildew	• Crop rotation (two-plus years). • Plant resistant varieties. • Reduce leaf moisture by improving air circulation, morning irrigation. • Remove crop debris and weeds. • Organic/natural fungicides.
• Damping off in seedlings. • Brown streaks inside root and lower stem when split lengthwise. • Bacterial wilt is transmitted by the cucumber beetle. • Plants wilt and die.	Fusarium wilt	• Plant resistant varieties. • Long crop rotation. • Weed control. • Control cucumber beetles. • Remove infected crop debris.
• Small, round white spots with fungal growth on older leaves with dark mottled underside. • Leaves covered with talclike powder; leaf yellows and dies. • Hot, dry conditions.	Powdery mildew	• Plant resistant varieties. • Good soil health and air circulation. • Increase plant spacing. • Eliminate weeds. • Organic/natural fungicides containing sulfur.
• Spiderlike pests, very small. • Feeding on underside of leaves causes yellow spots and tiny webs. • Begins around garden perimeter, grassy areas.	Spider mites	• Timely plant and harvest. • Adequate irrigation. • Beneficial insects: predatory mites. • Restrict mowing grass close to crops. • Paraffinic and neem oil, sulfur dust, Chenopodium terpene extract, Soluble Silica, Aramite, Biomite.
• Bugs are grayish-brown, ½ to ¾-inch long; flat back. • Bugs found on underside of leaves, under plastic mulch or debris. • Crop damage, wilt, death.	Squash bug	• Plant resistant varieties. • Row cover. • Trap cropping (Hubbard squash). • Handpick and destroy bugs. • Remove or till crop debris. • Beneficial insects: tachinid fly. • Insecticides: pyrethrin or sabadilla.
• White larvae, 1-inch long, outside and inside stem near the soil. • Vine wilt and death.	Squash vine borer	• Mix charcoal into soil just before planting. • Apply rotenone around plant base. • Floating row cover. • Pheromone-baited sticky traps. • Slice open stems of infested plants and destroy vine borers.

Note: Adapted from LSU AgCenter, Texas A&M AgriLife Extension, UMass Extension, Alabama A&M and Auburn Universities Extension, and University of Minnesota Extension. The Louisiana Pesticide Law regulates the use of pesticides in schools to protect children and staff from harmful exposure to chemicals and is enforced by LDAF. The recommended alternative to routine pesticide use is integrated pest management (IPM), which combines pest control, disease management techniques and organic/natural alternatives, many of which are found in this table.

Harvest and Storage

Cucumbers are harvested when fruit reaches harvest size, or every two to three days for three to four weeks. It is recommended to use shears to clip the stems when harvesting cucumbers (avoid twisting/breaking the stems). Consistent harvesting and removal of overmatured fruit (indicated by yellowing skin) is essential for optimal production length and yield. After

harvest, the crop needs to be cooled down to remove field heat and placed in a refrigerator or cooler where there is high humidity. Removing field heat will avoid moisture loss and wilting and preserve quality and shelf life. Cucumbers should be stored between 50-55 F (95% humidity) for 10-14 days.

Preserve cucumbers by pickling and canning.

Nutrition

Cucumbers Are Nutritious and Good for You

Good source of vitamin A

Important for eye health, a strong immune system and cell growth.

Good source of vitamin K

Helps your body heal and is important for bone health.

High in potassium

Essential for body function, especially the heart, kidney, nerves, bones and muscles.

Great source of dietary fiber

Important for bowel health, lowering cholesterol, controlling blood sugar and maintaining a healthy weight.

Recipes

Basics of cooking with cucumbers: extension.purdue.edu/foodlink/food.php?food=cucumber
General information on selecting, pairing, preparing and storing. Also includes a list of recipes.

Video on how to prepare cucumbers: youtu.be/ajXtU061jdW

Ever wondered about the basics of how to prepare cucumbers? Chef Allison Kingery shows a couple of options for preparing this vegetable.

Guide to quick process pickles: extension.purdue.edu/foodlink/includes/pubs/Print1perpaper/Seasonal/Cucumber.pdf
Learn how to pickle! Includes canning procedures and many different pickle recipes.

National Center for Home Food Preservation Guides to

Pickling: nchfp.uga.edu/how/cucumber_pick.html

Fermenting: <https://nchfp.uga.edu/how/ferment>

Recipes including cucumber: <https://seedstosuccess.com/homerecipes/#cucumber>

This recipe bank is full of nutritious and delicious recipes that feature local Louisiana foods. Louisiana Harvest of the Month recipes are culturally relevant, designed with few ingredients and easy to prepare.

Taste Test Ideas



Quick Pickles



Cucumber Wrap



Cucumber Sushi or Spring Rolls

Other websites with many cucumber recipes:

Arizona Health Zone

Visit www.azhealthzone.org/recipes and search for cucumber recipes.

USDA MyPlate Kitchen

Visit www.myplate.gov/myplate-kitchen/recipes and search for cucumber recipes.

California's Eat Fresh

Visit eatfresh.org/find-a-recipe and search for cucumber recipes.

Produce for Better Health Foundation

fruitsandveggies.org/fruits-and-veggies/cucumber/?view=recipes
Recipes include gazpacho, apple pear cucumber salad and more.

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Authors:

Johannah Frelier, M.P.H.

JFrelier@agcenter.lsu.edu
Louisiana Farm to School Program Manager
Louisiana State University Agricultural Center

Denyse Cummins, M.S.

DCummins@agcenter.lsu.edu
Extension Horticulturist
Louisiana State University Agricultural Center

Carl Motsenbocker, Ph.D.

CMotsenbocker@agcenter.lsu.edu
Louisiana Farm to School Executive Director
Professor of Horticulture and Sustainable Agriculture
Louisiana State University Agricultural Center

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