

CUCUMBER

AT A GLANCE

Latin Name: *Cucumis sativus* (classic cucumbers); *Cucumis anguria* (Jamaican Burr Gherkin); *Melothria scabra* (Mexican Gherkin or Cucamelon)

Sun: Full (more sun = more fruit!)

Life Cycle: Annual

Ease of care: Easy

Direct sow or transplant: Direct sow recommended

Height: 2 feet (higher when trellised)

Vine Length: 'Bush' varieties between 2 & 4 feet, 'vining' varieties 5+ feet

Container Friendly: not recommended, though possible in very large (15+ gallon) containers if you grow bush varieties like Bush Pickle or Spacemaster 80.

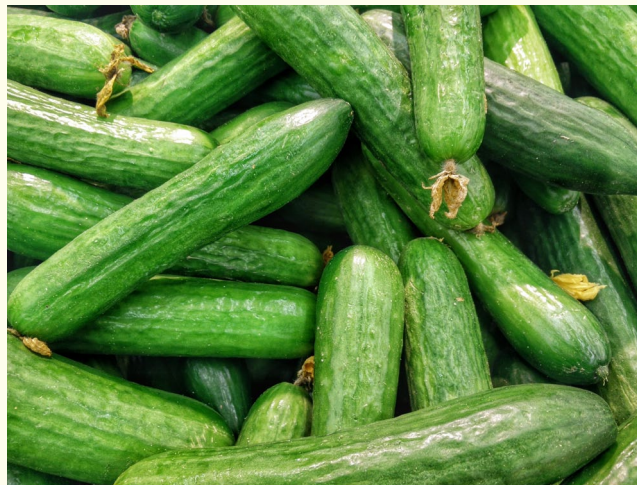
Microgreens: No

Sprouts: No

Cucumbers have co-adapted with humans over 3000 years, hailing originally from India. The ancient Egyptians were fond of fruit, as were the Greeks who apparently grew them over the winter in wheelbarrows, hauling them inside as temperatures dropped.

TYPES OF CUCUMBER

Slicers, Picklers, Gherkins & Beyond: *Cucumis sativus* includes a glorious array of slicing, pickling and gherkin cucumbers. **Slicing cucumbers** are most flavorful over 6 inches long and some can grow one foot long, remaining sweet and tender. **Pickling cucumbers** grow more short and stout, often three to six inches. All cucumbers may be pickled, though pickling cucumbers are the quintessential shape for kosher dills and spears. And Friends, think outside the pickle! Many picklers are deliciously crunched straight out of the garden. Indeed, Salt and Pepper, a pickling cucumber, is our favorite fresh eating cucumber of all time. Both picklers and slicers come in shades of green and white, though most are green and all turn yellow as they mature seed. Several species of cucumber are called



The harvest window for cucumbers, though brief, is wider when you are open to them being delicious at various sizes. Try all your cucumbers at different stages! It's delightful to witness how both flavor and texture shift so quickly. Though the skin toughens as they grow, we rarely peel homegrown cucumbers.

'gherkins' and they come in a wide variety of colors, shapes and sizes from dainty 'cornichons' to 'cucamelons' or 'mouse melons' resembling miniature watermelon. Lest we believe cucumbers exist in neat categories, there are plenty of cucumber varieties like 'Dragon Egg' and 'Lemon' that resist being put in such boxes. Enjoy the delectable diversity of cucumbers, Friends!

Seedless & Burpless: **Seedless cucumbers** are generally triploids, F1 hybrids that don't create seeds. At Fruition, all our cucumbers are open-pollinated and mature seeds though some

have smaller seed cavities than others, like Green Finger. This variety is lusciously smooth-skinned and 'burpless,' which can refer to the little white or dark spines (that are hardly spiny) that are more or less present on most cu-

cumbers. 'Burpless' can also indicate a lack of bitter cucurbitacins at the stem-end and sometimes skin. Cucurbitacins increase when cucumbers are stressed, so keep your plants well fed and well-watered for the most delectable harvests.

Bush & Vine: Most cucumbers grow winding, full-size 5+ foot vines that climb when trellised or sprawl octopus-

like along the ground. Compact or 'dwarf' varieties often grow only two-foot vines (up to four feet with abundant nitrogen). Both offer comparable abundance, though bush varieties tend to fruit in higher concentrations. If you're growing cucumbers in containers (or other contexts where fertility is less available), bush cucumbers will surround you with the healthiest plants and harvest.

❧ SOW ❧

Direct Sowing Recommended: Cucumber thrives most with undisturbed roots, so we always recommend direct sowing cucumbers for the healthiest, most abundant plants.

How to Transplant (if you must): Transplanting cucumber is totally possible! The key is this: disturb their roots as little as possible. Large 2-inch soil blocks are best; decomposing cow pots are second best. Either way, your goal is to transplant with their first cotyledon leaves ideally, or perhaps a first true leaf emerging, so plant your seeds no sooner than ten days prior to anticipated final frost. As soon as their first true leaf is emerging, the chances of their roots being large enough to be disturbed is high. If sowing into decomposing pots, soak the pots thoroughly in water (ideally dilute fish emulsion) prior to planting to help them decompose faster. Also, be sure to bury the edges of the pot entirely: left above the soil, cow pots easily dry out, wicking moisture away from the rest of the pot and plant, quickly containing plant roots rather than decomposing.

If snails and slugs are munching your emerging cucumbers mercilessly, transplant your seedlings about 14 to 18 days after sowing: Their stems are larger and less tender are not nearly as delectable. The risk is stressing your seedling in the soil block; the reward is plants that won't be mown down by mollusks. We also deter slugs and snails with a few crumbles of organic-approved Sluggo, as well.

Common mistakes: **Sown too early**, cucumber seeds often rot in cold soils. **Sown too close and not thinned**, crowded cucumber grow stressed resulting in reduced harvests as well as increased disease susceptibility. **To encourage abundant fruiting all season**, continue to harvest your cucumber without letting them go to seed. Even if they grow larger than you'd love to eat, a) find chickens to relish every bite or b) simply toss them in your compost so your plants will continue to flower and fruit. **If your cucumber is blossoming and not fruiting**, your plants are most likely either lacking an essential nutrient to produce fruit or pollination is lacking, which most often happens in periods of incessant rain.

If your fruit seems to turn yellow and not green first, your cucumber is incredibly stressed, moving to seed stage as quickly as possible. What stresses a cucumber? Lacking nutrients, too little water, heat over 95°F, 35°C as well as disease deepening, are the most common culprits. If your fruits are bitter, your cucumbers are stressed, so keep your plants well fed and well-watered for the most abundant and delectable harvests.

Days to germ: 3 to 10 days when soil is 70 to 80°F (21 to 26°C); below 60°F, 15°C, cucumber seeds often rot rather than germinate.

When: Cucumbers flourish in the warmth of summer, so sow your cucumber directly in the ground no earlier than before the last frost. Here in the Finger Lakes, Zone 5, we typically sow our first cucumbers around Memorial Day. Sower beware: The soil is often warm enough to germinate cucumbers quickly prior to final frost; the limiting factor is covering tender seedlings to protect them if the night temps dip toward freezing again. At the latest, sow cucumbers about 2.5 to 3 months before final frost. At Fruition, we sow our final succession in mid-July.



Since cucumbers prefer not to have their roots disturbed, transplant them as young as possible. We love to transplant them as their first true leaves emerge from the cotyledons (left) though transplanting older seedlings with tough stems (right) can withstand slug pressure more effectively.



Cucumbers love to sprawl along the ground and love to climb up trellising, as well. Your cucumber may or may not readily climb the trellis without coaxing, so once they start to vine we gently lay them on the trellis. You won't have to tell them twice! Long cucumbers like Green Finger and Shintokiwa (above) grow straight on trellising instead of twisting and spiraling as they grow along the ground. We love to trellis Mexican Gherkins (left) so their grape-sized fruit are easier to harvest.

Spacing within rows: Sow two seeds (or transplant 1 seedling) every 2 feet, thinning to the strongest one once cotyledon leaves have emerged.

Spacing between rows: So much depends on your approach! We recommend 36" as a minimum to ensure air-flow and prevent overcrowding.

Seeding depth: ¼ to ½ inch deep. Cucumber seed size can vary, so keep in mind that most seeds are ideally sown twice their depth.

Trellising Cucumbers: Trellis your full-vine cucumber for easier harvest, straighter fruits & less disease pressure, just be sure your trellising is seriously strong! 'Hog' or 'cattle paneling' is effective both vertical as well as bent into an arbor, beautifully trellising squash, melons, cucumbers, beans & so much more. Your cucumber may or may not readily climb

the trellis without coaxing, so once they start to vine we gently lay them on the trellis. You won't have to tell them twice! Long cucumbers like Green Finger and Shintokiwa grow straight on trellising instead of twisting and spiraling as they grow along the ground. We love them, either way :)

Succession sowing: If you're committed to swimming in cucumbers this season, succession sow. Your first succession will be right after last frost. Three to four weeks later, sow your second succession. Six weeks after the first, sow your third succession. Resistance to disease is increasingly imperative for your successions of cucumbers to, indeed, succeed. Friends, it is so worth it!

Companion planting: Baby greens and annual herbs that bolt quickly in the heat of the summer as well as salad radishes will happily grow in the cool shade of your trellised cucumbers.

❧ CULTIVATE ❧

Soil: Sow cucumbers in full sun with loose, fertile and moist yet well-drained soil with a pH between 6.0 and 6.8.

As with all crops, be sure to test your soil, if you haven't in the last year; our *Soil Testing Made Simple* blog will set you up for success.

Thinning: Once true leaves emerge, thin to the strongest single plant every 2 feet.

Weeding: As with all direct-seeded crops, it's important to stay on top of weeding as plants are emerging to give seedlings the chance to grow without competition. Once plants are established and won't be hindered by it, mulching is an excellent way to reduce weed pressure while retaining moisture. We also love to transplant cucumbers from soil blocks into beautifully mulched beds with straw or biotella, which helps warm the soil.

Feeding: Cucurbits respond to any additional compost or fertility you offer them with increased abundance. As with all 'heavy feeding' plants, there is a direct relationship between the quality and quantity of nutrients a plant receives and the quality and quantity of abundance you'll harvest. We love to incorporate compost as well as our soil-building slow release organic fertilizer when we prepare the soil. As with all plants in our gardens, we foliar feed our cucumbers every two weeks to surround them with all the nutrients they need to grow healthy and abundant. Dilute fish emulsion, compost tea and worm castings tea are all excellent sources of organic fertility as both foliar feed and root drenching. If your fertilizer is too nitrogen rich, your cucumbers will produce prolific leaves with fewer proportional fruit.

Containers: Cucumbers, squash and other 'heavy feeding' crops like brussels sprouts and garlic will grow in nutrient-rich 15+ gallon containers though it's rare that they thrive as they would in the soil. If you are growing cucumbers in containers, bush varieties are more abundant than vining varieties. Be sure to fill your container with nutrient dense, slow-release fertility and foliar feed with fish emulsion or compost tea to keep your plants healthy and abundant.

Grow just one cucumber in the center with quick-growing cut-and-come-again greens and herbs along the outer edge of the container. Enjoy our free *8 Keys of Container Gardening Mini-Course* for more tips like this! As cucumber abundance wanes, your plants are hungry.

Pests: Here in the Northeast, the Cucumber Beetle is the main 'pest' insect that reduces our cucumber harvest though slugs and snails can set seedlings back in early summer, all too easily.

The Cucumber Beetle is one of the most common as well as cumbersome creatures to find in your cucurbits, including melons and cucumbers as well as all squash. Long, narrow and lemon yellow with black stripes (and occasionally spots), their feeding on every part of your cucumbers is bad enough but the bacterial wilt they vector can significantly decrease and even destroy your abundance. Cleaning your garden's cucurbit vines each season helps prevent adult beetles from overwintering directly in your garden. Also, covering your cucurbits with hoops and floating row cover as soon as you sow or transplant is a great way to organically protect your plants from roving Cucumber beetles. It's critical to fully weight the edges of your row cover: Cucumber beetles are small and committed to finding their way in, so make it hard for them, Friends! Remove the row cover only to weed and be sure to remove the cover as soon as they flower



Cucumber Beetles are often striped and sometimes spotted, munching all parts of your cucurbit plants from winter to summer squash, melons to cucumber. Floating row cover is the best way to organically protect your garden from them.

so pollination isn't hindered. As soon as you remove the row cover, cucumber beetles will come swarming in but the full-sized plants will be resilient enough to mature fruit abundantly nonetheless. Also, squish any Cucumber beetles you see! Dive into our blog, *The Good News (& Bad) About Cucumber Beetles* for more info and insight.

If snails and slugs are munching your emerging cucumbers mercilessly, consider transplanting your seedlings (full details on page 2) about 14 to 18 days after sowing. Their stems are larger and less tender: not nearly as delectable! The risk is stressing your seedling in the soil block; the reward is plants that won't be mown down by mollusks.

We deter slugs and snails with a few crumbles of organic-approved Sluggo, as well. We find leaving beer to drown slugs largely just attracts more, but feel free to experiment for yourself! Heading into the garden just after nightfall you'll find them most active in your garden and physically removing them is another strategy to consider. We love to pop them into a container to bring to our neighboring chickens.

Diseases: Here are some tips for combating disease in your cucumbers:

1. Sow disease resistant varieties (especially late in the summer)
2. Sow into nutrient-rich soil
3. Use floating row cover as you sow the plants. It excludes cucumber beetles and it warms the air around the plants, hastening maturity. Be sure to take the row cover off as soon as you see the flowers begin to open!
4. Crush cucumber beetles as you find them - be merciless! They will eat your plants and cause wounds that expose them to infection.

Downy mildew is a major disease of cucumbers in the Northeast. The disease blows in on the wind every season, and affected leaves look like they have water-soaked spots. There are several downy mildew-resistant varieties to grow, including our go-to NY 264.

Powdery mildew is another one of the most common diseases affecting cucurbits in the Northeast. A fungal disease, affected plants often look as if their leaves have been dusted with powdered sugar (below). There are a number of anecdotal ways to manage powdery mildew once it arrives, though we find prevention is the best cure. If Powdery Mildew arrives consistently in your garden (as it does ours), know there are many things you can do to prevent it. By far the best: Grow disease resistant varieties. We have six Powdery Mildew-resistant cucumbers, including the darling and utterly disease-resistant Mouse Melon or Mexican Sour Gherkin, my second favorite cucumber of all time.

Other common cucumber diseases in the Northeast include Bacterial wilt, fusarium wilt and phytophthora.

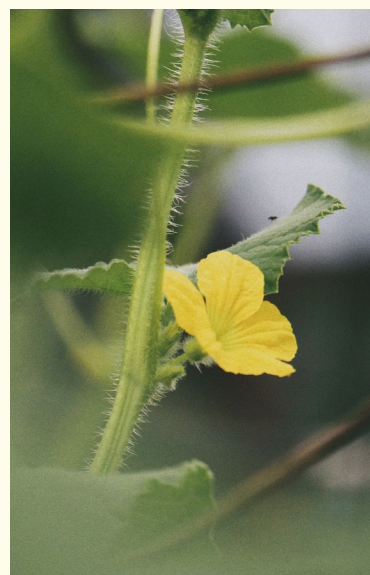
Here are the easiest ways to prevent disease in all plants: Nutrient-dense soil grows healthy plants with vigorous immune systems; overcrowded plants are more susceptible to disease; water soil rather than leaves in the morning rather than evening to reduce leaf humidity. Resist touching plants that are wet; crop rotation al-

ways helps. Finally, disease-resistant varieties make a huge difference, though even disease-resistant varieties may not thrive with cultural practices.

Lots of Blossoms and No Fruit? If your cucumber is blossoming and not fruiting, your plants are most likely either lacking an essential nutrient to produce fruit or pollination is lacking, which most often happens in periods of incessant rain. Bring on the dilute fish emulsion, either way!

Season Extension:

Cucumber is quite cold-sensitive, so it's best to plant your harvests such that your abundance will mature well before frost. That being said, if a frost as well as your harvest is imminent, bedsheets thrown over to protect from frost overnight and heavy floating row cover over hoops will extend their abundance, as well.



HARVEST



The number of days from sowing to harvest varies widely by the variety, so pay attention to variety descriptions. Also, 'days to maturity' or 'days to harvest' are estimations: Variables such as temperature, water and available nutrients dramatically affect days to harvest.

The harvest window for cucumbers, though brief, is wider when you are open to them being delicious at various sizes. Try all your cucumbers at different stages! It's delightful to witness how both flavor and texture shift so quickly. Though the skin toughens as they grow, we rarely peel homegrown cucumbers. Once the skin turns yellow the fruit will likely be unpalatable; nonetheless, harvest & compost the fruits to keep the plant from shutting down production. Chickens love to scratch and devour the maturing seeds of cucumber! If your fruit seems to turn yellow and not green first, your cucumber is incredibly stressed, moving to seed stage as quickly as possible. What stresses a cucumber? Lacking nutrients, too little water, heat over 95°F, 35°C as well as disease deepening, are the most common culprits.

To encourage your cucumber to fruit abundantly all season, continue to harvest your fruit without letting them mature seed. Even if they grow larger than you'd love to eat, a) find chickens to relish every bite or b) simply toss them in your compost so your plants will continue to flower and fruit.

SEED SAVING

Life cycle: Annual

Self or cross-pollinated: Cross-pollinated up to one mile. All varieties sharing a species will cross with each other. (You'll find Latin names on all of Fruition's packets as well as our website.)

Hand-Pollination is both possible and fun! Dive into our *7 Steps for Hand-Pollinating Your Own Squash* blog for the full story. Be forewarned: though the process for hand-pollinating cucumber is the same for squash, it's often more challenging since each flower is a fraction of the size.

Qualities to select for: First and always, flavor! We also love to select for earliness, abundance, flesh texture, color and shape, disease resistance and plant architecture. What else is important for you, Friend? Select for it!

Wet or dry seeded: Wet

When to harvest: The 'days to maturity' or 'days to harvest' on a seed packet refers to edible cucumbers full of immature seeds rather than 'ripe' cucumbers full of mature seed. As cucumbers mature seed they swell, becoming large, with skin shifting from green or white to yellow. Some cucumbers like Poonja Kheera will ripen a latticed bronze skin. Many cucumber skin will grow soft as they fully mature their seeds, others will harden into a rind. When in doubt, if the seed inside cannot be dented by your fingernail, your seed is mature.

Seed Cleaning Notes: Fabulous fermentation! All cucumber seeds are encased in a gelatinous membrane with anti-germination compounds that fermentation quickly neutralizes.

First, slice cucumbers in half lengthwise. With a spoon, scoop the seeds and pulp out of mature fruit into a vessel large enough to hold your cuke goop (!) plus water in a 1:1 ratio. Add the water after all your cucumbers have been scooped. Now we allow the vessel to ferment until, like fermenting tomato seed, three distinct layers form with mature seed on



the bottom, water in the middle and pulp with immature seeds at the top. Warmth speeds the fermentation process; here at Fruition, we often ferment for three days in the height of summer. Now simply pour off the pulp on top and water below, rinsing the mature seeds thoroughly so none of the residual sugars remain on the seed coat. Next, dry them as quickly as possible! Lay your seed in a single layer, as best you can, on a screen so air can flow from below as well as above. Warmth is key to drying seeds though heat over 90°F, 32°C can inhibit germination. The gentle, steady airflow of a fan helps dry seeds quickly without damaging them. Your goal is to have snow white seeds. Off-white and gray colors often indicate too long in the fermentation process.

Note! Mature cucumber seeds are rock solid with a razor-sharp point at each tapered end. Though it seems silly and superfluous, wear eye protection: Petra literally has a scar on her right eye from a flying cucumber seed.

Seed storage & viability: Stored in optimum conditions, cucumber seeds hold their germination for 5 years. Enjoy our *Secrets of Seed Storage* blog for more tips, including keys if you're freezing seeds.

BEST OF THE BLOG

Ideal Varieties for Container and Raised Beds

7 Seeds to Resist Transplanting

**6 Easy Seeds to Direct Sow in June
(& How to Transplant, If You Must)**

**Timing is Everything:
Fruition's Seed Starting Calendar**

**What We Just Learned About Final Frost
(& Happy Memorial Day!)**

**The Good News (& Bad) About Cucumber Beetles
7 Steps for Hand-Pollinating Your Own Squash**

Enjoy our Seed Starting Academy for step-by-step video tutorials to surround you with abundance.

Insight & inspiration daily!



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OUR VARIETIES: BUSH CUCUMBERS



ORGANIC BUSH PICKLE CUCUMBER

Ideal for containers and small gardens, Bush Pickle's compact vines only spread 24 to 30 inches instead of the 5' sprawl of classic cucumbers! Her perfect pickling cucumbers are early

and abundant; indeed, in early July 2014 we counted 66 fruits on a single plant! We prefer the flavor of the fruits under 5 inches for both fresh eating and pickling.



ORGANIC SPACEMASTER 80 CUCUMBER

With compact 30-inch vines, Spacemaster 80 is ideal for small gardens and containers. Her fruits are classic American slicers plus impressive resistance to Powdery Mildew to sur-

round you with abundance all season long. The genius of millennia of indigenous seedkeepers plus Cornell's public plant breeding, Spacemaster was released, you guessed it, in 1980! And with her delectable disease resistance, she's more relevant than ever.

OUR VARIETIES: VINING CUCUMBERS | SLICERS



ORGANIC GREEN FINGER CUCUMBER

If you're looking for those lovely smooth cucumbers with thin skin and barely any seeds when they're small, you'll love Green Finger! She's early and deliciously abundant, the

genius of millennia of indigenous seedkeepers plus Cornell's public plant breeding program weaving in Powdery Mildew resistance to surround us with abundance here in our short seasons.



ORGANIC SILVER SLICER CUCUMBER

After millennia of indigenous co-adaptation, collaborations at Cornell inspired the brilliance of many delectably disease-resistant cucumbers brilliantly adapted for short seasons. Silver Slicer is a

shining example! We adore Silver Slicer for their depth of flavor, thin smooth skin and juicy-crisp texture. With resistance to Powdery Mildew, plan for abundance even in the late season.



ORGANIC SHINTOKIWA CUCUMBER

Friends! What an extraordinary cucumber! Shintokiwa's smooth-skinned fruit, long & slender, has an impressively small seed cavity & a sweet flavor we've never tasted in another cucumber. They're outrageously crunchy with plenty of juice, resisting becoming bitter even as they lengthens past 12 inches. Wow! We've found between 6 and 8 inches long to be the magic length of optimum sweetness. If you'd love Shintokiwa straight, train her up a trellis; if you love to let cucumbers spiral as we do, along the ground you'll be delighted.



ORGANIC MARKETMORE 76 CUCUMBER

After millennia of indigenous co-adaptation, collaborations at Cornell inspired the brilliance of many delectably disease-resistant cucumbers brilliantly adapted for short seasons. Market-

more 76 is the consummate slicer, crunchy and abundant even in less than ideal conditions. Multiple disease resistances surround you with abundance even into the late season. In 2013 we direct-seeded Marketmore 76 in early June and were still eating delicious Marketmores in early October, from the same planting!



ORGANIC NY SLICING 264 CUCUMBER

As Downy mildew becomes more and more prevalent, this cucumber will become more and more known, grown and beloved. With impressive resistance to Downy mildew, NY

Slicing 264 has become our go-to for our July cucumber successions, deliciously abundant and undaunted in the height of late summer disease, powering on 'til frost.

OUR VARIETIES: VINING CUCUMBERS | PICKLERS



ORGANIC NATIONAL PICKLING CUCUMBER

The perfect pickle! Impressively prolific, these gorgeously blunt-ended pickling cukes average six inches, though we often harvest them smaller. Whether you're

snacking in the garden, tossing on salads or pickling a pint or filling your pantry, National Pickling will not disappoint you.



ORGANIC SALT AND PEPPER CUCUMBER

Such crunch, such sweetness, such creaminess, such abundance! It is difficult to describe the joy it brings us to share this seed with you; truly, we love this cucumber more than words. The

sweeter, smoother little sister of Silver Slicer, Organic Salt and Pepper Cucumber thrives with her Powdery Mildew as well as Angular Leaf Spot resistance, the genius of millennia of indigenous seedkeepers plus Cornell's public plant breeding. And the taste is sincerely spectacular. A classic pickling cucumber size, Salt & Pepper is our favorite cucumber for fresh eating, without question. We fill our 20-gallon crock with her for pickles each season, as well! Salt & Pepper is named for the miniature black spines that dot the white & pale lemon fruits, but don't be fooled: they're tiny and you'll barely notice them.

If you come to visit the farm anytime in July or August, we'll likely hand you one as you open your car door!

PRESERVING THE HARVEST:

Pickles! We love to make vinegar as well as lacto-fermented pickles both savory and sweet. We also love experimenting with all kinds of flavors! Beyond garlic and dill, our perennial favorite, we also love curry pickles, lemon pepper pickles and juniper bay: your imagination is the limit, Friends. 'The Art of Fermentation' by Sandor Katz is a holy book of delectable brilliance.

OUR VARIETIES: UNUSUAL CUKES



ORGANIC DRAGON EGG CUCUMBER

HEIRLOOM Aptly named, we adore this unusual Dragon Egg from Croatia, crisp & juicy as well as prolific! We love her young fruits best, with the sweetest flavor & smallest seeds.

We'll never forget the day Amanda, our Seedhouse Operations Manager, brought in some Dragon Egg cucumbers from her farm for us to sample: It was love at first sight as well as bite! We're now honored to share these extraordinary seeds with you.



ORGANIC MEXICAN GHERKINS OR CUCAMELON

HEIRLOOM These adorable tiny cukes are also called mouse melons and indeed their delicious 1-inch fruits look exactly like miniature watermelons! Their

4' vines abound with super crunchy fruits that sport a bright tang that grows stronger as they age. Children love to harvest and eat these marvelous fruits and their tiny, ornate leaves make harvesting easy for everyone. Mexican Gherkin are resistant to traditional cucumber diseases (especially Powdery and Downy Mildews) so we often enjoy our first planting all the way to frost.



ORGANIC JAMAICAN BURR GHERKIN

Tangy, sweet and gloriously crunchy, we love Jamaican Gherkins as juicy 1 to 2-inch fruits. Delectable raw, pickled or cooked like summer squash, Jamaican Burr Gherkin are extremely

productive as well as pest and disease resistant, being an entirely separate species from most cucumbers. If you love their tang, go ahead and harvest them larger than 1 inch; if you love a more traditional cucumber flavor, go small.



OUR FAVORITE RECIPES:

- Tomato Cucumber Za'atar Salad*
- Mint Cucumber Tabbouleh Salad*
- Sliced Cucumber with Curry Peanut Dip*
- Napa Cabbage and Cucumber Slaw*
- Pickled Cucumber with Seaweed and Sesame*
- Classic Gazpacho*
- Green Gazpacho*
- Tzatziki*
- Pico de Gallo Verde*
- Cucumber Mint Popsicles*
- Cucumber Water*
- Cucumber Honeydew Slushy*