

# CUCUMBER



## PLANTING

Cucumbers are heat-lovers, so it's important to plant them when the soil is warm enough. Wait to plant your cucumbers until outdoor temperatures average mid 70s. You can directly seed the cukes when temps are warm enough, or you can start your seeds indoors a few weeks prior to those 70 degree days.

## GROWING

Vining cucumbers can either be spaced a few feet apart, to allow the plant to spread on the ground, or trellised to allow the vines to grow vertically. Trellising cukes saves ground space because they can be planted closer together. Vertically-grown cucumbers also have better air flow, which means the plant will be less susceptible to pests and diseases.

## WATCH OUT FOR...

Sometimes when cucumber leaves lack air flow, or stay moist for too long, they can develop **powdery mildew**. This disease affects the leaves and could reduce fruit yield. If you find leaves with powdery mildew, carefully remove the leaves and dispose of them (don't compost!). Wash your hands and pruning tools to prevent cross-contamination and begin watering the plants from the base to keep the leaves dry.



## "Cool as a cucumber"

Cucumbers are made up of about 95% water. Water takes longer to heat up than air, this means there can be a 20 degree difference between the inside of a cucumber on the vine and the actual outdoor temperature. Because of this, cucumbers are known for their cooling affect. So the phrase "cool as a cucumber" makes sense!

# CUCUMBER ROLLS

Recipe inspired by Amanda George  
Photo courtesy of Vegan But Lazy

## Ingredients

- 2 ripe cucumbers
- 1/4 cup hummus (store-bought or homemade!)
- 1/2 bell pepper (any color)
- 2 large carrots
- 1 Tbsp chopped fresh herbs (parsley, cilantro and/or dill)



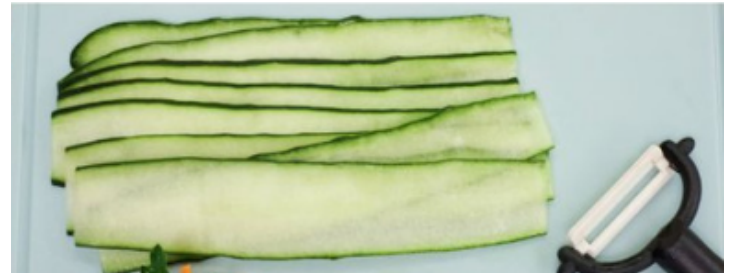
## Instructions

1.) Finely chop the bell pepper and carrots into small pieces and mince any fresh herbs you're using.

2.) Wash the cucumbers to remove any dirt. Using a vegetable peeler, shave the cucumbers length wise into thin strips, as shown in the picture above.

3.) Spread a thin layer of hummus onto each strip, about a tablespoon per cucumber roll. Sprinkle a small amount of bell pepper, carrots and herbs on top of the hummus.

4.) Carefully roll up each cucumber strip and place on a serving tray. Refrigerate until you're ready to serve.



## Refreshing Tzatziki Dip

Don't let the name intimidate you, this dip pairs well with pita chips, fresh veggies or on a sandwich on a hot summer day!

**First**, grate 1 large (unpeeled) cucumber on the large holes of a box grater. You should have about 2 cups of grated cucumber. **Then**, use your hands to squeeze out as much moisture as you can from the grated cucumber. **Next**, add the squeezed cucumber, 1 1/2 cups plain Greek yogurt, 1 Tbsp olive oil, 2 Tbsp chopped fresh dill, 1 Tbsp lemon juice and 1/2 tsp garlic powder to a bowl. Stir and let rest for about 5 minutes to allow the flavors to blend. Serve as a dip, a spread or as a salad dressing! This batch will yield about 2 1/2 cups and will keep well in the fridge for 4 days.

Recipe courtesy of Cookie&Kate

