

Recipe: Cucumber Salad

Serving Size: 1/8 of recipe; Servings: 8; Calories per Serving 77

Ingredients:

cucumbers, thinly sliced
1 small white onion, thinly sliced
1 cup white vinegar
1/2 cup water
3/4 cup white sugar
1 tablespoon dried dill, or to taste

Instructions:

Toss together the cucumbers and onion in a large bowl. Combine the vinegar, water and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

Source: www.allrecipes.com

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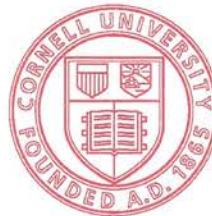
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Text for this publication was written by Master Gardener Volunteer Bunny Goodwin.

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Vegetable Growing Guide: Cucumber

Cornell Cooperative Extension Clinton and Essex Counties

Cucumber Facts



Recommended Varieties:

- Burpless Hybrid II
- Greensleeves
- Marketmore 76
- Marketmore 80
- Orient Express
- Raider
- Spacemaster
- Sweet Slice
- National
- Regal

Whether for pickling or slicing, cucumbers are easy to grow. They prefer warm, rich, sandy soil with full sun and sufficient moisture. Not native to North America, cucumbers probably originated from India then spread to Africa and Southeast Asia. Bush and vining varieties can be incorporated into ornamental plantings for edible landscaping. Vining varieties can climb up to 6 feet with support. Bush varieties take up only 2-3 square feet. Cucumbers are annuals. They need to be planted every year. Most cucumbers have both male and female flowers. Male flowers blossom first, produce pollen, but no fruit.

How to Plant

Plant in well-drained soil, high in organic matter with plenty of nitrogen. The soil pH should be neutral, near 7.0. Cucumbers may do well in outdoor containers if they are kept well watered. Don't rush to plant too early. Soil temperature should be 65 degrees F. Germination may take 10 days or longer. Direct seed 1-1 ½ inches deep 2 inches apart in rows that are 5-6 feet apart or plant 3-6 seeds per hill spaced 3-5 feet apart.



For extra early crops, start plants inside 3-5 weeks before transplanting. Begin "hardening off" when plants have one or more true leaves. Set plants outdoors in sheltered spot for increasing lengths of time each day, exposing them gradually to sun and wind. Do not expose the plants to cold temperatures. Transplant to garden after danger of frost has passed into warm garden soil. Cucumbers seeded planted into black plastic usually produce larger yields, as well earlier ones. To save space, train vining cucumbers on a trellis. Set up trellis before planting. Space plants 10 inches apart.

Pests and Diseases

Plant disease resistant varieties such as Pacer, Sweer Success, Dasher II, Marketmore 76, Slicemaster, and Raider. Control of striped or spotted cucumber beetles is important to prevent bacterial wilt in cucumbers. Protect young plants with floating row covers. Remove the covers before temperatures get too hot in midsummer. A hard stream of water early in the day can be used to remove aphids from plants. Remove squash vine borer by hand. Destroy diseased plants.



Maintenance and Care



Thin plants to 8-15 inches apart in rows or 2-3 plants per hill. Snip off plants when thinning to avoid disturbing the roots of nearby plants. Avoid crowding plants. Eliminate weeds. Pinch back vines that extend beyond the trellis. One month before the first frost, pinch off new flowers so plants channel energy into ripening existing fruit. Pale, yellowish leaves indicate nitrogen deficiency.

Harvest and Storage

Cucumbers can be gathered at almost any stage of growth before they turn a yellow-green. You may want to remove seeds from larger cucumbers prior to eating. This vegetable has a short shelf life and should be consumed within the first few days of harvesting. Cucumbers store best when they are pickled.



Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.