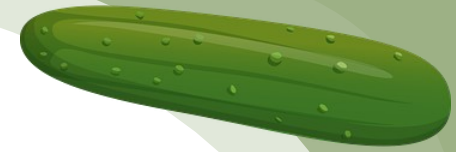


FARM TO SCHOOL GROW GUIDE

CUCUMBERS



Plant Parts:

Leaves

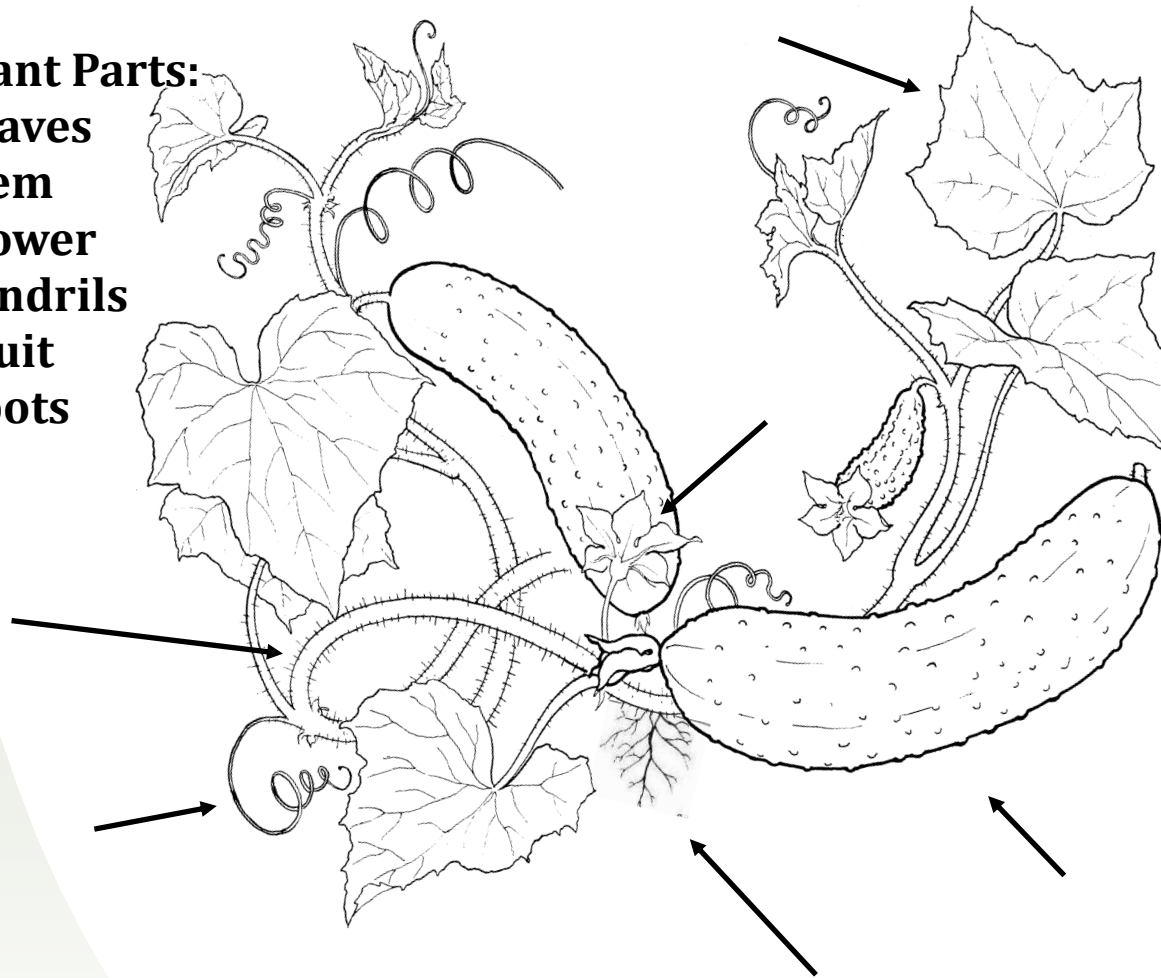
Stem

Flower

Tendrils

Fruit

Roots



Planting: Direct seed outdoors for best results. Plants will require to be placed 36 –60 inches apart. For trellised cucumbers plant 1 foot apart. Sow according to seed packet and thin as needed for required spacing.

Caring for Plants:

PH: between 6 to 6.8

Sun : Cucumbers are tropical and require heat and full sun. Cucumbers need soil temperatures steady at 70f or higher. Frost will kill vines.

Fertilizer: Amend soil with 1" + 3" of compost and fertilize biweekly according to vegetable fertilizer label.

Water: Keep the soil moist, water requirement is 1" of water per week. Uneven watering can result in oddly shaped or bad tasting fruit.

Harvesting: You can pick cucumbers whenever they are at a size you prefer. Check plants daily as once fruit sets it grows quickly. Do not let cucumbers get too big as the fruit will become bitter and also will keep the plant from producing.

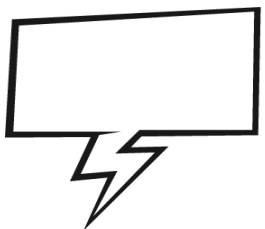
Varieties: There are two varieties of cucumbers vine and bush. Vining cucumbers are the more common of the two. Be sure to read your seed packet and determine the type. Vining cucumbers will need a trellis or large area to grow.

Nutritional Facts

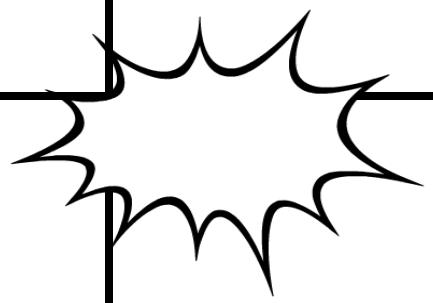
Cucumbers are good sources of phytonutrients (plant chemicals that have protective or disease preventive properties) such flavonoids, lignans and triterpenes, which have antioxidant, anti-inflammatory and anti-cancer benefits, according to World's Healthiest Foods. The peel and seeds are the most nutrient-dense parts of the cucumber. They contain fiber and beta-carotene, a form of vitamin A that is good for eyes. There are just 16 calories in a cup of cucumber with its peel.

WHAT WILL HAPPEN NEXT?!

WHEN SUDDENLY...

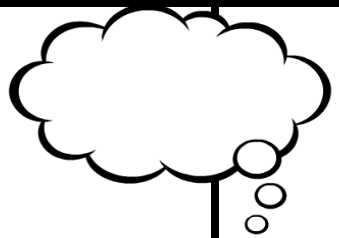


POW!



JUST AT THAT MOMENT...

LATER ON...



OMG!

BOOM!

THE END.