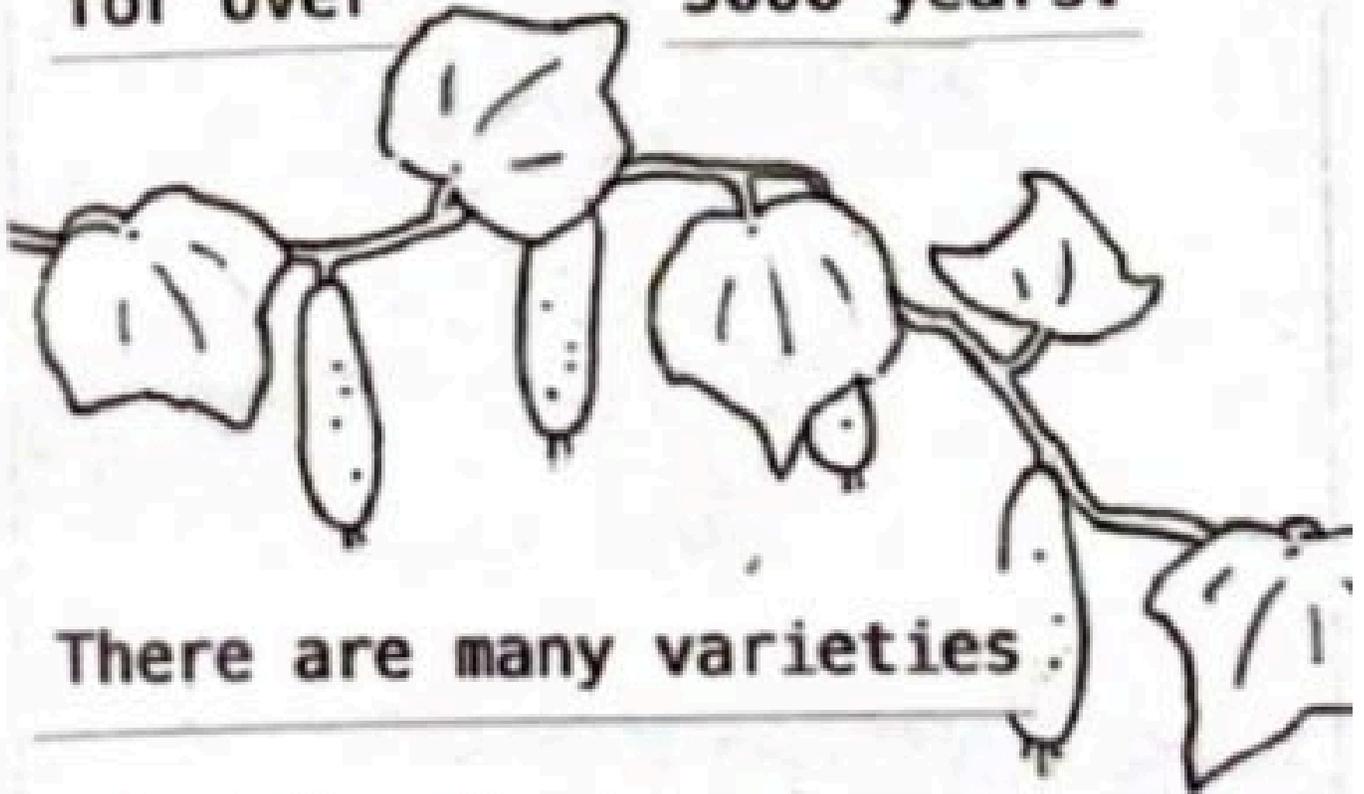
A background image showing several slices of cucumbers, cut into thin, round pieces, arranged in a pattern. The slices are light green with visible seeds in the center.

CUCUMBER

Cucumis

Sativus

The cucumber originated in  
India and has been cultivated  
for over 3000 years.



There are many varieties:

of cucumber but they all fall  
into one of two groups

according to their best use:

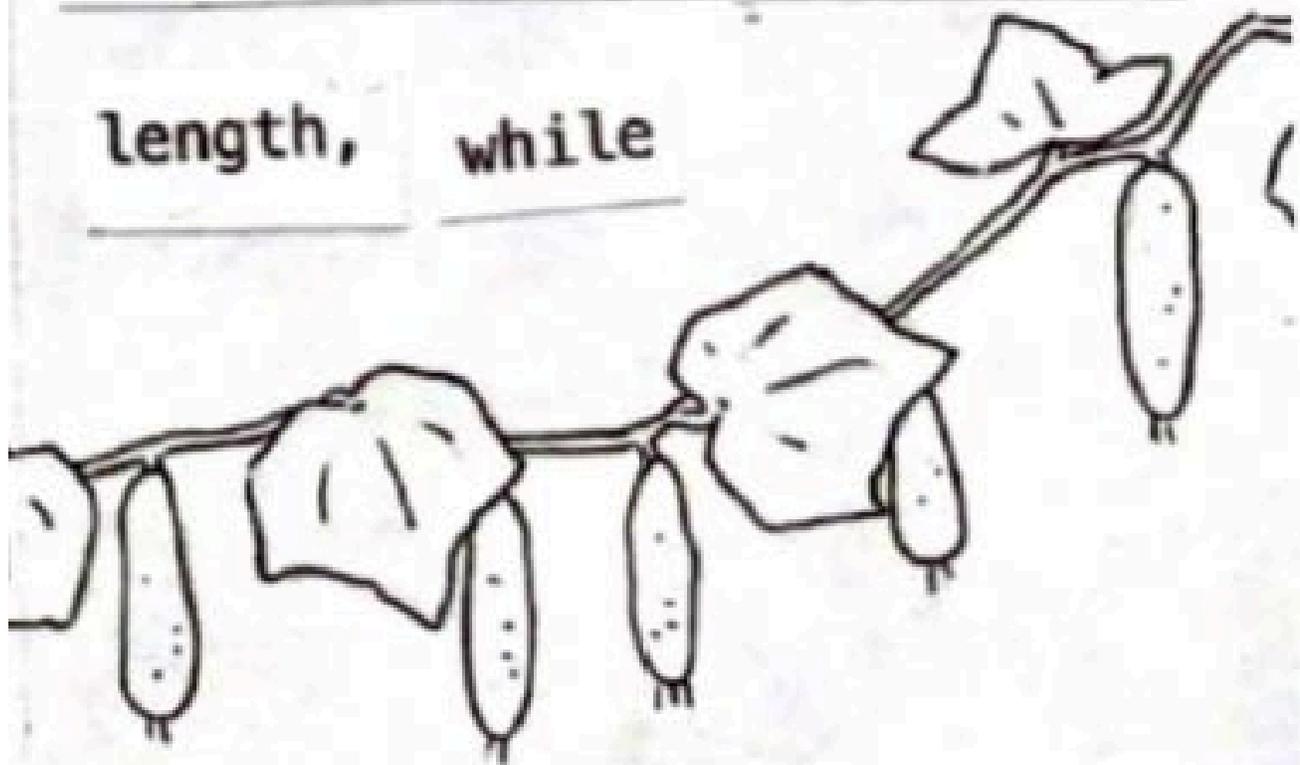
**slicing** or **pickling**. Slicing

cucumbers are relatively

slender and are at their best

when they are about 7-8" in

length, while



pickling cucumbers generally

are more stout, have a

bumpier skin, and are best

at 2-5" long. Pickling

cucumbers also contain

slightly less water,

allowing them to soak up

more of the brine

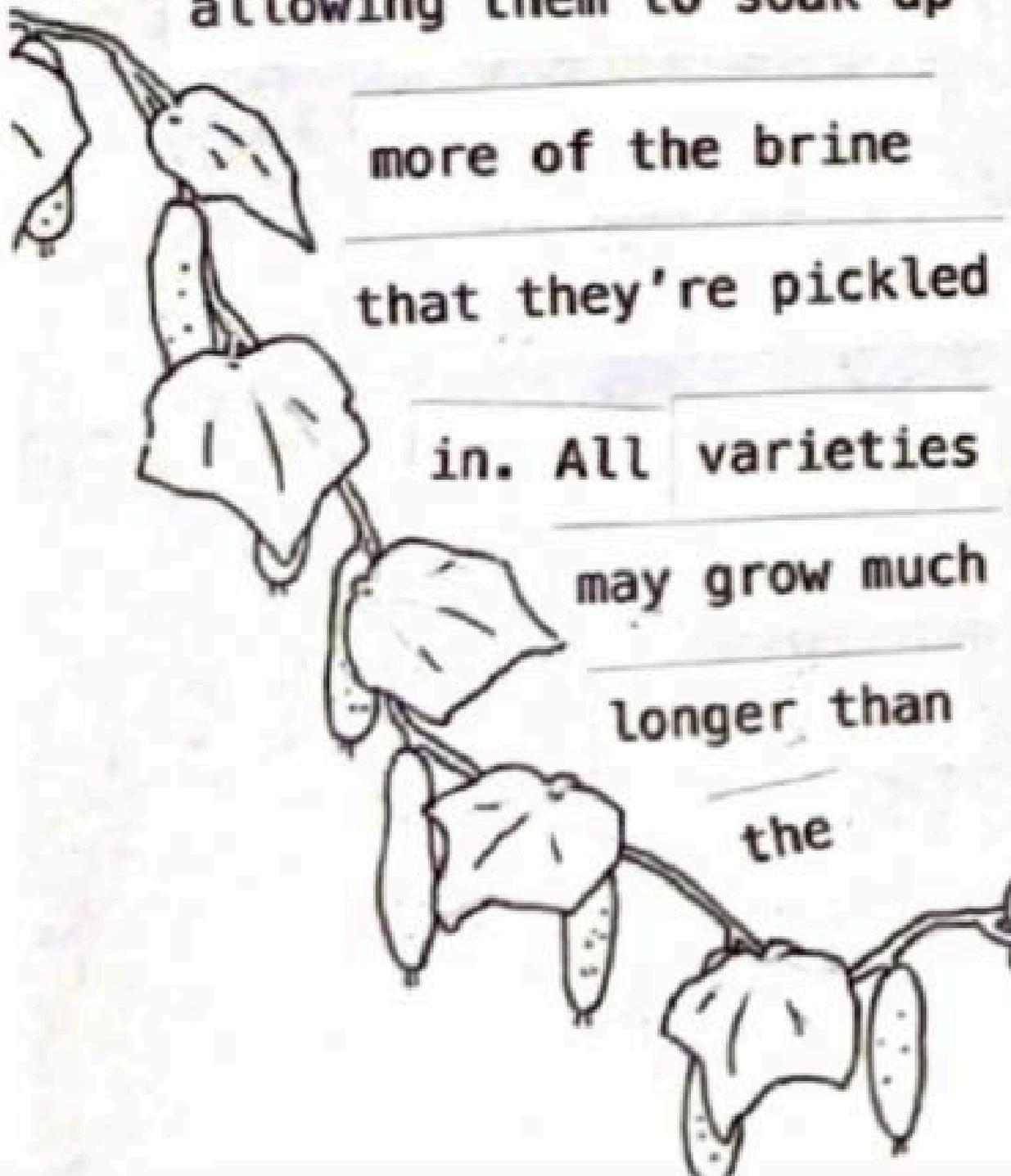
that they're pickled

in. All varieties

may grow much

longer than

the



aforementioned sizes, but

their flavor will grow

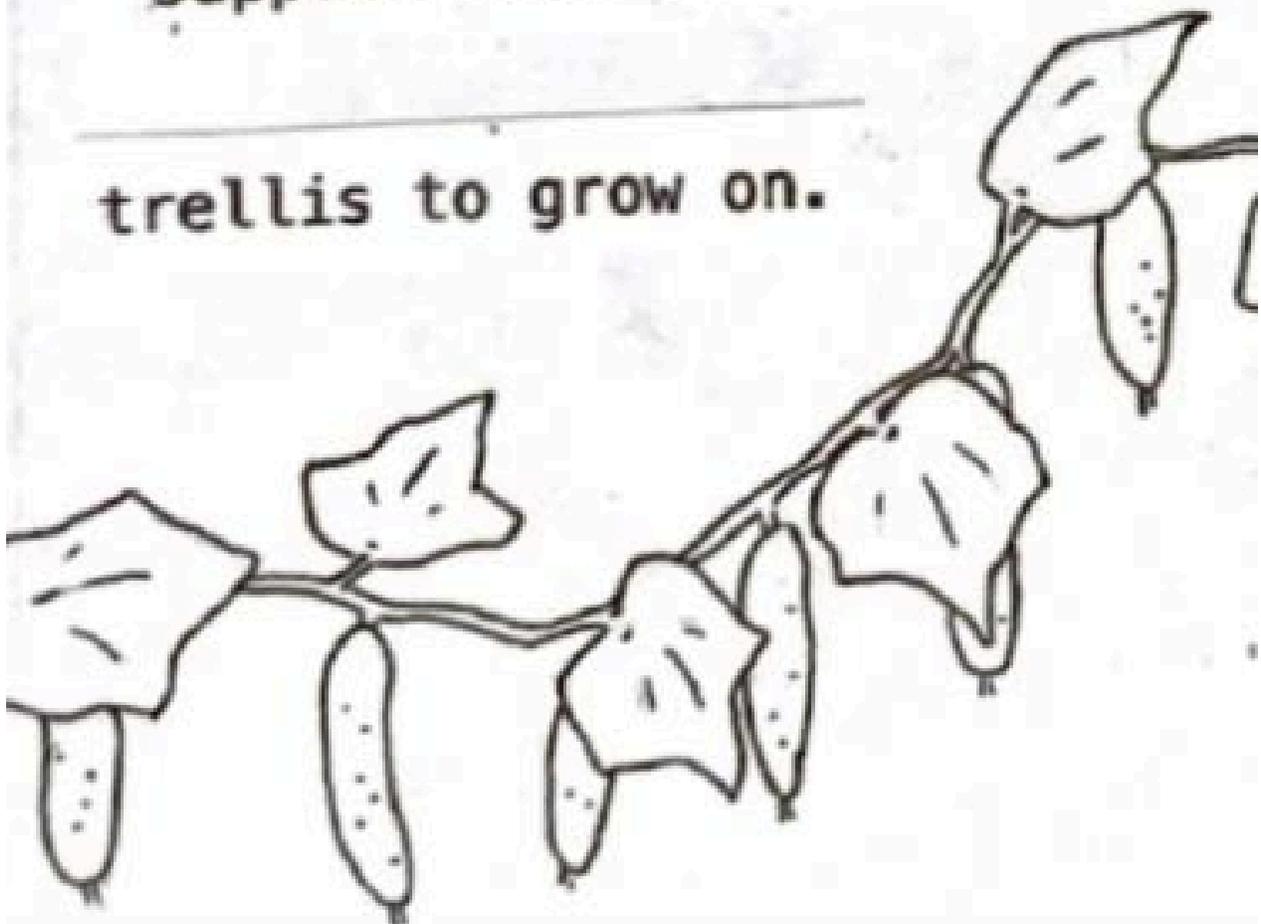
bitter as well. These plants

come in bush and vine forms.

Vining plants will require

support such as a fence or

trellis to grow on.



Cucumbers are about 95%

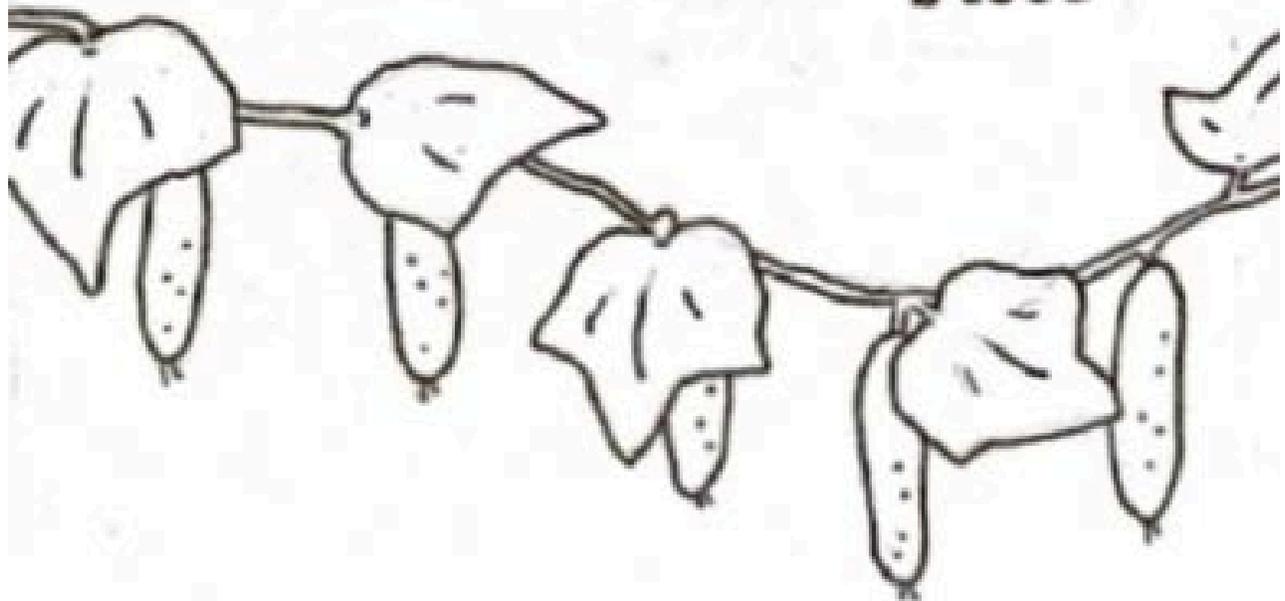
water which is beneficial for

keeping the body hydrated.

They also contain Vitamin K,

useful for bone health and

blood

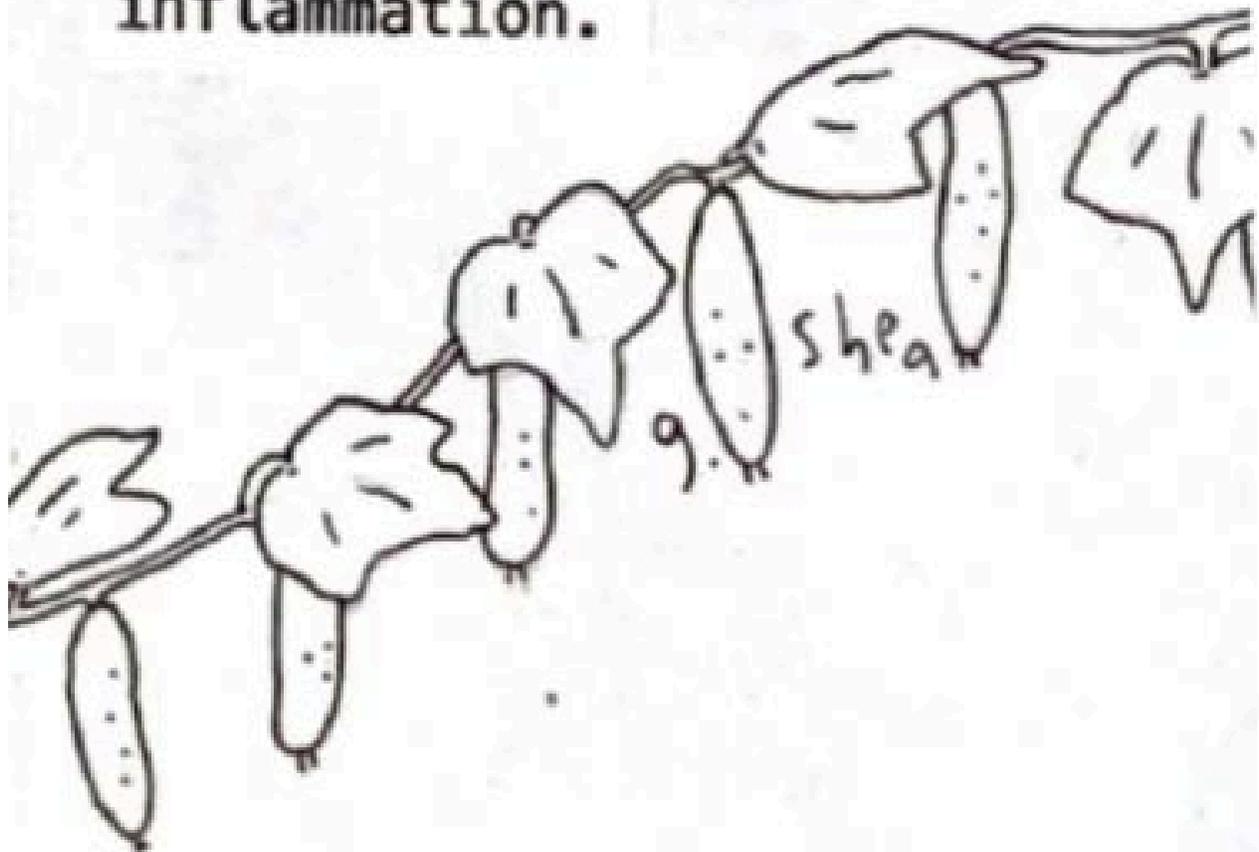


clotting, and antioxidants

that protect the body's

cells and help lessen

inflammation.





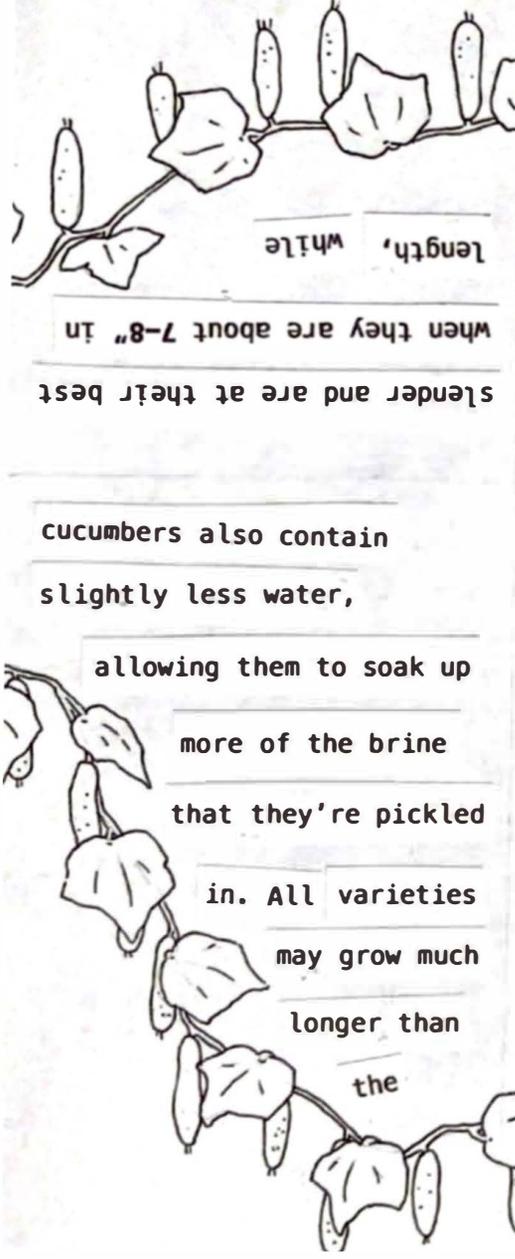
Cucumbers are about 95% water which is beneficial for keeping the body hydrated. They also contain Vitamin K, useful for bone health and blood

clotting, and antioxidants that protect the body's cells and help lessen inflammation.

The cucumber originated in India and has been cultivated for over 3000 years. There are many varieties of cucumber but they all fall into one of two groups according to their best use: slicing or pickling. Slicing cucumbers are relatively

slender and are at their best when they are about 7-8" in length, while pickling cucumbers generally are more stout, have a bumpier skin, and are best at 2-5" long. Pickling cucumbers are relatively

aforementioned sizes, but their flavor will grow bitter as well. These plants come in bush and vine forms. Vining plants will require support such as a fence or trellis to grow on.



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cucumbers also contain slightly less water, allowing them to soak up more of the brine that they're pickled in. All varieties may grow much longer than the

the