

CUCUMBER

Hawaiian Name: *Ka'ukama*

Common Name: Cucumber

Scientific Name: *Cucumis sativus*

Origin: Asia and Africa

Plant Part Eaten: Fruit



Nutrition Info...

- Contains most vitamins your body needs: B Vitamins, folic acid, vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc.
- Very low in calories. Just 20 calories per cup.



Locally Grown...

- Cucumbers are planted year round in Hawai'i, from sea level to 3000 feet in elevation.
- Most are grown on Hawai'i Island, O'ahu, Kaua'i
- 60% of local production is from Mountain View on Hawai'i Island.
- Over 3.5 million pounds are grown in Hawai'i on a collective 250 acres per year.
- Much of the cucumbers grown in Hawai'i are not the pickling variety.
- Hybrid varieties such as Lehua, Gemini-7, Triumph, Challenger, and Burpee grow well in Hawai'i.



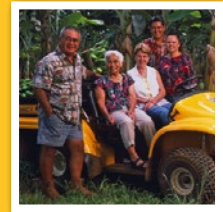
Meet a Farmer...

Farm: Hamakua Springs Farm

Farmers: Richard Ha

Location: Hamakua, Hawai'i

Website: hamakuasprings.com



hamakuasprings.com

Hamakua Springs Country Farms, located on the slopes of Mauna Kea in beautiful Pepe'ekeo on the Big Island of Hawai'i, is run by three generations of the Ha family.

The family started 30 years ago as Kea'au Bananas. In 2004, the company expanded to its present Pepe'ekeo location, changed its name to Hamakua Springs Country Farms and started diversifying into additional products, including tomatoes, cucumbers, lettuce, and watercress.

Where else it's grown in the world...

Florida, California, China, Iran, Turkey, and Russia.

In the Garden...

- Prepare the soil by working in organic matter and remove any rocks, stones, or clods of clay.
- Plant by making hills. Plant 3 seeds in each hill. Bush varieties can be spaced about 2 feet apart.



Forest & Kim Starr

- Plant the seeds 1/2 inch deep. Plant more seeds than you need and thin the seedlings down to the number recommended by the seed company.
- To save space in the garden, you can use trellises to grow vining cucumbers. Space the plants about 12 to 18 inches apart.

Let's Get Cooking...

Cucumber Dressing

Ingredients

- 1/2 cucumber
- 1 tablespoon dill
- 1 green onion, chopped
- 1/3 cup water

Blend ingredients thoroughly in a blender and serve over fresh salad greens.

Quick Pickles

Ingredients

- 1 large cucumber
- 1/2 cup plain rice wine vinegar
- 2 tablespoons sugar
- 1/4 teaspoon salt

1. Thinly slice the cucumber and toss with vinegar, sugar and salt.
2. Refrigerate for at least 4 hours.
3. Drain and serve.

Cucumber Cooler

Ingredients

- 10 Cucumber Slices
- 2 Lemon Slices
- 3 Sprigs of rosemary
- Water, ice



Gently rub rosemary and place herbs and lemon in bottom of container prior to adding a gallon of water. Serve over ice.

Cucumber Cooler recipe by Jennifer Ryan, Department of Health

Reminder: Please compost your food waste.



What can you make with a cucumber?



Cucumbers can be included in flavored water, salads, pickles, cold cucumber soup, dressings, sauces, tzatziki, and on sandwiches. They can also be mixed with some fruit like melon and frozen as a popsicle or mixed with seltzer water for a refreshing drink.

Did you know?



1. Feeling tired in the afternoon? Pick up a cucumber. Because they are packed with vitamins and carbohydrates, they are a great pick me up.
2. Rub a cucumber on the mirror to eliminate fog on the mirror.
3. Cucumber skin can be used to erase pen, crayon and marker on walls.
4. China grows the most cucumbers worldwide.
5. Grubs and slugs feasting on your garden? Place a few cucumber slices in an aluminum pie pan to drive them away.
6. Rub a freshly cut cucumber on your shoe for a durable shine that repels water.
7. Got a squeaky door? Rub a cucumber slice on the hinge and the squeak will be gone.
8. Relax by boiling a pot of water with cucumber slices for an aroma that will relax and soothe you.



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiiifoundation.org/HawaiianHarvest.

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