

Kids Grow Cucumbers

Cucumbers are really fun to grow – you can plant them in containers or grow them in the ground. If you choose special 'outside' seeds you don't need a greenhouse.

Outdoor grown cucumbers won't look as long and smooth as supermarket ones, but they will taste better than anything you can buy in a shop!

Popular outdoor cucumbers

'Jogger'

Medium size without many seeds

'Goblin'

Crunchy, snack size fruits

'Cetriolo Marketer'

Lots of medium size fruits

'Diva'

Mini juicy fruits

What you'll need:

- Outdoor cucumber seeds
- 7.5 cm seed sowing pots
- Plastic bag
- Seed compost
- Large container filled with multipurpose compost

Why should you eat them?

Cucumbers are a juicy snack that can also help to keep you hydrated:

Low calories

Cucumbers are a super healthy snack.

Vitamin K

Helps your blood to clot if you have an accident.

Beta carotene

An antioxidant for healthy skin and eyes.

Calcium

Helps build strong bones and strong heart muscles.

Cool as a cucumber!

Did you know that eating cucumbers actually cools your blood.



Plant seeds on their sides
Photo credit: rodimov, Shutterstock



Keep the soil moist
Photo credit: RobinsonThomas, Shutterstock



Enjoy eating your fresh, juicy cucumbers!
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Step 1: Sow your cucumber seeds

- Fill your little pots with seed compost.
- Make a hole in the soil about 1cm deep.
- Drop a seed into the hole, lying on its side, and cover with soil.
- Arrange your pots on a tray and put them in a sealed plastic bag.
- Leave them somewhere warm, but not directly in the sun.
- Keep the soil moist. Shoots will appear in 7-10 days.
- Take the bag off and move your pots to a bright windowsill that's not directly in the sun.

Step 2: Move your seedlings outside

- Fill a container with compost and put it in a sunny place.
- Help your seedlings get used to their new home before you plant them! Take them outside every day for a week, but remember to bring them in at night.
- Make a hole in the soil and plant the seedling. Don't touch the roots.
- Check your cucumber every day and keep the soil moist.
- When seven leaves have formed, gently cut off the top of the main stem. This is called "pinching out."
- The cucumber plants might start to grow in all directions and trail along the ground! You can tie them gently to canes if you want to.

Step 3: Harvest and eat!

- Cucumber plants are very generous. When you pick the fruit they will keep growing more!
- If you pick your cucumbers before they get too big they will be juicy and sweet.
- Your cucumber plants can produce fruit from June to October.