



## Grow Your Own - Cucumbers

You can have fun growing your own cucumbers in the ground, pots or in growing bags. Home-grown cucumbers taste fabulous. Choose the type that's right for you – some can be grown outside, some indoors.

**Sow:** February to mid-March indoors or  
May to Early June - outdoors

**Harvest:** July to September

1. Sow the seeds at a depth of 2.5cm (1in) deep and ideally 1 per plant pot or 18in apart
2. Cover the seeds with a layer of compost and water.
3. Keep the compost evenly moist – little and often is the best way.
4. It takes almost 3 months for cucumbers to be ready to pick after planting the seeds in the ground or pot
5. Pinch out the growing tip when the plants have developed seven leaves.
6. Water regularly so the soil doesn't dry out but don't waterlog the plants.
7. Train the main stem up a vertical wire or cane. Pinch out the growing point when it reaches the top
8. Feed every 10-14 days with a balanced liquid fertiliser
9. Cut the fruits when they are about 15-20cm (6-8in) long using a sharp knife.

***Always ask for an adult's help when using knives***

