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"Linking the market and Primary producers"

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CUCUMBER



The cucumber is a widely cultivated creeping vine plant in the *Cucurbitaceae* family that bears cylindrical fruits and is used as a vegetable. Its scientific name is *cucumis sativus*. There are three main types of cucumbers, slicing, pickling, and seedless¹.

Cucumber originated in India where a large genetic diversity has been observed. It has been cultivated for at least 3000 years in Western

¹<https://en.wikipedia.org/wiki/Cucumber>

Asia² and now grows in most countries including the Pacific Island Countries.

Four cucumber varieties are commonly grown in Samoa, the Money Maker, Zipangu, Bountiful, and the Slice Master³.

HEALTH BENEFITS

Cucumber has a few benefits to our health. The fruit is nutrient-rich, has low calories, and is high in important vitamins and minerals. It also contains antioxidants which help reduce the risk of several types of chronic diseases. Cucumber is about 96% water and is effective at promoting hydration and can also help meet our daily fluid needs as advised by the health sector. It also aids in weight loss as it can add flavor and freshness to salads, sandwiches, and other side dishes.

This also helps with lowering the blood sugar level. According to a test-tube study conducted in 2016, cucumbers may be effective at reducing oxidative stress and preventing diabetes-related complications. Another benefit of cucumber to our health is the prevention of constipation and helps maintain regularity, as it also contains fiber which helps regulate bowel movement. So the 6 benefits of cucumbers include Nutrients, Antioxidants, Hydration, Weight loss, Blood sugar level, and Bowel movement⁴.

²<https://www.thecanadianencyclopedia.ca/en/article/cucumber#:~:text=Cucumber%20originated%20in%20India%20where,first%20in%20Greece%20and%20Italy>

³ Farm Manual 2022-2023, MAF

⁴<https://www.healthline.com/nutrition/health-benefits-of-cucumber>

PRODUCTION INFORMATION

Planting Time:

All year round, however, the best yields are obtained in the dry season (April-November).

Planting Material:

Seeds are sown directly into well-cultivated soil.

Plant Spacing:

- Between rows: 0.6m x 0.8
- Plant within rows: 0.5m x 0.6m

Fertilizer:

- Poultry Manure: 2 tons/acre Broadcast and mix well with soil 2 weeks before planting.
- NPK 13:13:21 80kg/acre basal application before sowing.
- Soil analysis should be done before fertilizer application.

Weed Control/Management:

Hand weeding or hoeing is necessary. Weeds are removed when plants are still standing.

Disease Control/Management:

- *Anthracnose*: Use healthy seeds of resistant varieties. Spray Manzate at 21g/16L of water.
- *Gummy Stem Blight, Mosaic Powdery Mildew*:
 - Apply Benomyl @ 11g/16L of Water.
 - Use Kocide at 32g/15L of Water to prevent fungal infections.
 - Avoid planting at high density.

Insect Control/Management:

Aphids: Dimethoate @ 16ml/16L (Sold Rogor) or Suncloprid @ 4ml-8ml/15L of Water or Bifenthrin @ 15ml – 20ml/16L of Water or Suncloprid @8ml/16L of Water.

Yield:

12,000-15,000kg/acre

Food Value:

Vitamin C⁵

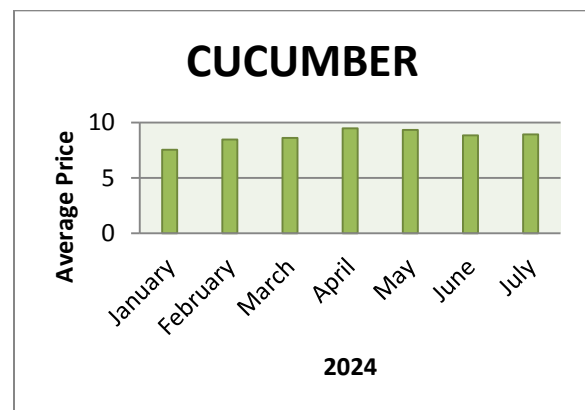
MARKET INFORMATION

Cucumbers are sold in supermarkets, local markets, and also roadside stalls. Its prices range from \$5 to \$8 per cucumber but \$12 to \$18 per packet of 3 or 4 cucumbers.



The prices of the cucumbers being recorded by the Samoa Bureau of Statistics during their monthly local market survey have indicated an inconsistent trend of the cucumber prices being sold as shown in the figure below.

Figure 1: Average Price of Cucumber sold at Local Market 2024



Source: SBS Local Market Survey.

Cucumber is also being imported to Samoa. In 2023, almost 3000kg of cucumbers were imported to Samoa, and earlier this year, it was about 2008kg of imported cucumbers⁶.

⁵ Farm Manual 2022-2023, MAF

⁶ SBS and Statistic Unit, PPSCCD

Table: Average Prices at the Fugalei Market

Commodities (SAT\$/kg)	June 2024	July 2024	August 2024	Lowest Price for 2024 to date	Highest Price for 2024 to date
Taro	4.49	4.93	5.37	3.66	5.37
Banana	1.93	2.14	2.19	1.5	2.19
Ta'amu	6.94	6.04	6.08	4.05	10.54
Coconut	0.94	0.91	0.98	0.86	1.02
Breadfruit	2.00	1.79	1.77	1.4	3.14
Yam	6.22	5.50	6.01	5.50	9.28
Head Cabbage	17.06	14.32	12.53	12.53	22.33
Tomato	52.85	41.70	29.29	25.34	52.85
Chinese Cabbage	16.29	12.09	8.61	8.61	16.29
Cucumber	8.84	8.92	9.17	7.53	9.47
Pumpkin	8.01	7.07	6.66	5.76	8.01

Source: Samoa Bureau of Statistics

Table 2: Foreign Currency per Tala (SAT\$)

July-Aug 2024	USD\$	NZD\$	AUD\$	YEN\$	FJD\$	EURO
1 Samoan Tala SAT\$=	0.36	0.57	0.53	51.51	0.78	0.32

Source: Bank of the South Pacific

Market Link Newsletter

This newsletter is published quarterly and it seeks to assist stakeholders (farmers, consumers, wholesalers, policymakers) make informed market and marketing decisions based on credible, relevant price and supply information. Help us help you by providing constructive feedback on market information issues that will improve the service which will lead to growing a healthy and wealthy Samoa. For more information contact the Policy, Planning, Sector Coordination, and Communication Division and ask for Fereni Tofilau.

Disclaimer

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