

# 2010 Seattle Tilth Early Spring Edible Plant Sale

## Vegetable Plant List

Updated February 5, 2010

Please be aware that we may not have all of the varieties listed in this document at the 2010 Early Spring Plant Sale. Occasionally, the growers will experience a crop failure or the plants will be too small to sell. We apologize for any inconvenience this may cause.

### **Artichoke**

#### **Green Globe**

Open pollinated. Deep green, round flower buds with a light purple tinge. They are 3-5 inches in diameter and have thick, flavorful hearts. A good harvest of 3-4 heads can be expected on second year plants throughout the summer. The most hardy artichoke; dependable in our region.

#### **Violetto**

Open pollinated. 85 days. This royal variety from Northern Italy has beautiful oval, purple flower heads. Will provide a delicious, plentiful harvest for at least four years.

### **Asian Greens**

#### **Mizuna**

45-50 days for large leaves or 20 days for baby greens. Mizuna is a Japanese mustard green that has thin white stalks and frilly, fringed light green leaves. Mild but flavorful, this green is good steamed or raw in salads.

#### **Tatsoi**

40-50 days for large leaves or 20 days for baby greens. Also called spoon mustard, tatsoi is a favorite in baby greens and mesclun mixes. As the leaves grow larger, they can be added to stir fries or steamed veggies.

#### **Green-in-Snow Mustard**

Known as Shi-Li-Hon or Snow Cabbage because it holds up well to frigid temperatures. With smaller stems and leafy greens, this is a very popular pickling vegetable in China. It is fast growing and will give you an early taste of spring!

#### **Osaka Purple Mustard**

40 days for large leaves or 20 days for baby greens. This spectacular mustard is large and dark purple. Wonderful as an ornamental that doubles as a cooking green. Very spicy and intense, these greens give you a kick you can't get from store bought mustard greens. Harvest the outer leaves leaving the smaller inner leaves to grow and your plants will last for many weeks.

#### **Pac Choi - Prize Choy**

Open pollinated. 50 days. Large, vase-shaped plants produce well in cooler temperatures. Large white ribs and big, green leaves make 'Prize Choy' a winner in the garden and in the kitchen. Grows to 15" with ample moisture and a moderate amount of organic nitrogen fertilizer. Great in stir fry, soups and more!

#### **Choy Sum**

Choy sum is a very popular stir fry vegetable in China. It is similar to bok choy (pak choy) though the tender stalks are meant to be eaten along with the emerging flowers. When the tender flower buds appear pull the whole plant, chop and add to soups, noodles or stirfry.

#### **Komatsuna**

35-40 days. Also known as Japanese Mustard Spinach, Komatsuna is a fast growing leafy green that is used frequently in Japan, especially for pickling. All parts including shoots, leaves and flower stalks are delicious in salads and stir fries. This variety is slow-bolting and good to grow all year round.

### **Purple Rapa**

Bright reddish purple, this new and unusual spring treat is a cross between pink lettuce, wong bok and scarlet ohno varieties of greens. It does especially well in cold conditions and the color gets brighter after the equinox. Add a little bit of color to your early spring greens!

## **Broccoli**

### **Purple Peacock**

70 days. A cross between Green Goliath broccoli and two different kales, its leaves will remind you of Red Russian Kale. Produces loose florets and after main head is harvested, keep an eye out for reoccurring side shoots. The leaves also make delicious greens prepared anyway you would kale.

### **Kailan Chinese Broccoli**

Open pollinated. 45 days. Chinese broccoli is similar to other heading broccoli except the heads are much smaller, the leaves a bit longer and thinner and the stems are longer and more tender. More like rapini than heading broccoli, the leaves, stems and flower buds are eaten on this plant. Chinese broccoli is delicious when harvested at the right time: before the flower buds loosen and open. Harvest 6 - 8" of the stem with leaves and buds. The plant should create more sprouts and can be harvested over a few weeks.

### **DeCicco**

Open pollinated. 48-85 days from transplant. Introduced to U.S. gardeners in 1890. Compact 2-3' plant produces 4" central head. After the central head is cut, many side shoots follow. Very early, great for freezing. With this great non-hybrid broccoli available, why would anyone choose to grow a hybrid?

### **Romanesco**

75-100 days from transplant. This is the beautiful, light green spiraling broccoli that you have seen in specialty markets. It grows well in cool climates and is very popular in Italy. Mild broccoli flavor similar in texture and taste to a cross between cauliflower and broccoli.

### **Spring Broccoli Raab**

Open pollinated. 45 days. Broccoli Raab resembles asparagus more than it does the large broccoli of today. It has small, turnip-like leaves, and long, tender stems topped with delicate flower bud clusters. Excellent side shoot production.

### **Green Sprouting Calabrese**

Open pollinated, 60 days. 2-3 foot plants will start out with a medium sized blue-green flower cluster. After you harvest that head, it will start sending out side shoots. Each time you harvest, it will keep sending out more shoots; it just keeps going! You get a lot for your money with this one, having stir-fries and side dishes throughout the late spring and summer.

### **Umpqua Broccoli**

Open Pollinated, 60-85 days. This open pollinated broccoli out taste-tests hybrid broccoli any day! Given enough room and a good fertile bed, this winner will give you broccoli heads big and lush like the ones at the market. After the main head is cut, it shoots out side florets for a few more weeks. The seeds for these starts came from Uprising Farm in Acme, WA.

### **Broccoverde**

90 days. A cross between broccoli and cauliflower and sometimes called broccoflower, this unusual veggie is the best of both worlds. Beautiful pale green in color, this hearty plant will produce tight, medium sized cauliflower shaped heads.

## **Cabbage**

### **Chieftain Savoy**

83 days. Savoyed cabbages are arguably the tastiest of the bunch. They are also beautiful to look at in the garden and on the plate. This particular variety does well in both temperature extremes- the heat of summer and the cold of winter. 6-8 lb flattened heads are gray-green on the outside and creamy white on the inside.

### **Early Jersey Wakefield**

60-75 days from transplant. One of the earliest cabbages to head up. Put them in the ground now and you have firm, conical-shaped heads in no time! They grow up to 15 inches tall, 7 inches in diameter and weigh 3-4 pounds. Introduced by Francis Brill of Jersey City, New Jersey in 1840.

### **Mammoth Red Rock**

98 days from transplant. A solid and uniform red cabbage that heads up around 8 inches in diameter and weighing 7 pounds. You know it's a good one because this variety has been around since 1889. Nice to add color to coleslaws, salads and sauerkrauts, red cabbage is more nutritious than green cabbage.

### **Napa Cabbage Wong Bok**

Heirloom Mandarin variety. 75 days. An old Chinese napa cabbage that produces an upright broad head, averaging 9" high by 6-1/2" in diameter. Heads are shorter and more compact than other napas with a slight mustard flavor. Keeps well. Leaves are light-green with a white heart. Makes a good cole slaw.

## **Cauliflower**

### **Early Snowball**

Heirloom. 65 days. Terrific performer. Good coverage of the curd by wrapper leaves. Smooth 6-7" heads of tightly formed white curds are solid, crisp and tender, excellent quality. Plants are compact. Introduced to American gardeners in 1888 by Peter Henderson & Company.

## **Chard**

### **Fordhook Giant**

60 days, Open pollinated. An impressive chard with large dark green leaves. The white stems are huge and thick, though tender and crispy- a bit like celery in texture. Plants grow to almost 2 feet high. Chard is a great overall garden green- prolific and tasty, it's like two veggies in one.

### **Rainbow**

Open pollinated. 55 days. This chard mix will light up your garden with its green or red leaves and leaf stems of red, pink, golden, orange or white - both solid colors and striped. It fits into ornamental plantings as well as the vegetable garden.

## **Edible Flowers**

### **Bachelor Button- Black Gem**

Dark maroon to black, these bachelor buttons are real gems popping out amongst silvery, feathery foliage. The flowers are edible, though the choice part is the petals- the calyx is bitter. Add a few to your next salad to impress dinner guests.

### **Calendula- Pacific Beauty Mix**

*Calendula officinalis*. Pacific Beauty is your garden variety calendula with colors all along the yellow and orange range. Calendula is a medicinal herb that can also add a bright streak of sunshine to your salads. Also called "pot marigold", they have a mild marigold-like scent and flavor. Easy to grow, pretty to look at and multi-useful, you'll always want calendula in your garden. Self seeds very easily.

### **Calendula - Flashback**

*Calendula officinalis*. Ornamental, and used for making cosmetics and soothing salve. Named for the flashy red or maroon backs of the petals, which are orange, apricot, peachy, vanilla, or yellow on the facing side-sometimes bicolored or tricolored! At sunset, petals fold up for the night, revealing their flashy backsides. Developed by Gathering Together Farm in Oregon.

### **Viola and Pansy Mix**

Blooms in a wide range of colors, from single hues to bicolors, and are perfect along the path in any cottage garden. Flowers appear from spring till frost. If you cut the plant back after flowering, it renews itself. Both the flowers and the leaves make nice mild additions to a salad. Colorful but mild petals make an exotic addition to a salad, cakes or anything you can think of!

## **Fennel**

### **Perfection Bulbing Fennel**

Open pollinated. 75 days. Selected especially for its clean smooth anise flavor and its ability to reliably produce even in cool northern climates. A great choice for cultivation spring through autumn. The uniformly round mid sized bulbs are crisp, tender and full flavored.

## **Greens**

### **Palla di Fuoco Radicchio**

Open pollinated. 60 days. Its name means 'red ball of fire' in Italian. We chose this radicchio for its lovely color in the garden and on the plate. The heads are nice and uniform and it matures a little earlier than other varieties.

### **Astro Arugula**

A mild flavored arugula with rounder, fuller leaves. Cold hardy and fast growing, you can start cutting fresh greens within a few weeks of transplanting. Especially good for picking in the baby leaf stage. These seeds came from Uprising Farms in Acme, WA.

### **Sylvetta Arugula**

45 days. Sylvetta is a variety with distinct differences from your typical arugula in flavor and appearance. Its leaves are pointier with deeper lobes giving it a pretty, frilly appearance. Sylvetta is cold hardy but is slower to bolt than most arugula varieties. Once you grow Sylvetta, you may never go back to your old arugula again!

### **D'Etampes Corn Salad**

47 days. Buttery in flavor and soft on texture, corn salad (also called mache) is a quick and early crop that loves cool weather. Self sows easily and will come up before many things in the spring if left to seed. Loaded with nutrients this delicate green has long been popular in Europe.

### **Broad-Leaved Batavian Endive**

80 days. Also called Escarole, this bitter green is delicious quickly stir-fried with garlic and butter for a fortifying side dish on a cool spring evening. Dark green, curly outer leaves get pale and tender towards the center. When the endive starts heading up, you can tie together the outer leaves to blanch the tender inner leaves as it grows.

### **Miners lettuce**

42 days. Miner's Lettuce or *Claytonia Perfoliata* is also known as Winter Purslane and Indian Lettuce. The leaves are succulent and triangle shaped, but flower stems grow from an easily identifiable circular looking leaf. Also known widely as a wild edible, no need to forage far if you grow it in your garden!

### **Bulls Blood Beets**

Three veggies from one plant! Bulls Blood beets are great to grow for early salads, the reddish baby leaves are a great addition to a colorful mesclun mix. As the leaves get bigger, the red-purple color deepens and you can harvest them as a tasty braising vegetable similar to chard. If you choose to harvest the roots, Bulls Blood beets are a deep purple color with visible concentric circles running throughout. Best to harvest beets as little guys, when they are the tenderest.

### **Spicy Greens Mix**

Open pollinated. 21 days for baby greens. This mix of arugula, red and green mustards and Kyona mizuna will wake up any salad and is also delicious braised. Easy to grow and fast maturing, you can't go wrong with spicy salad mix (unless of course you don't like spice.)

## **Kale**

### **Wild Garden Mix**

Don't want to have to choose? This mix of textures and flavors will give you a sample of different varieties. Add visual interest and biodiversity to your kale patch.

### **Lacinato Rainbow'**

45 days. This incredible kale is a cross between Lacinato and Redbor kales, giving you benefits from both. Lacinato genes lend the leaf shape and texture of a classic lacinato kale for a flavor everyone loves. The Redbor genes make it hardy to colder temperatures, a prolific grower, and gives the leaves beautiful overtones of red, purple, blue and green.

### **Russian Red**

Heirloom. 40 days for baby greens. Red Russian Kale has lovely cut leaves and purplish-red stems that make this plant gorgeous in the garden or on the plate. The plant grows over a long season and can be harvested through fall and sometimes over winter and into the following spring! Kale is an easy plant to grow and is really good for you.

### **Lacinato**

Heirloom. 45 days. Also called Tuscan kale, Nero di Toscana, dinosaur kale, black kale and palm kale. One of the most beautiful kales to grace any kitchen garden. Shaped like a miniature palm tree, it is about 18 inches high. It is delicious and nutritious as well as adaptable to a wide temperature range. Its sweet, mild flavor actually improves after a frost.

## **Kohlrabi**

### **Purple Vienna**

60 days. Once you get a taste of little known Kohlrabi, you will love it. Tender and mild like a young turnip, the stem swells into a crazy purple ball right above the soil line. The leaves are edible, but the swollen stem is the jackpot. Peeled and sliced or cut into match-sticks, you can cook them or eat them raw in salads or dipped as part of a crudite. Remember to thin these guys when they are a few inches tall to get them to bulb up nicely.

### **Early White Vienna**

Central European Heirloom dating to 1860. 58 days. This unusual looking plant is not often seen in the garden or on the plate, which is a shame. Kohlrabi has a lovely nutty, sweet, spicy flavor that mellows with cooking. Use it raw grated in a salad or slaw or slice it thin and cook it with cream for a lovely gratin. This variety stays compact with short tops and medium stems. That means you can dedicate a bit of space in your garden to try something new this year!

## **Leeks**

### **Giant Musselburgh**

80-150 days. Heirloom. Huge leeks! Mild and tender stalks growing up to 15 inches long and 3 inches wide. This Scottish variety is great for bunching or overwintering.

## **Lettuce**

### **Forellenschluss**

Rare Austrian Heirloom. 50 days. Romaine type. Strikingly beautiful light green leaves with maroon dappling. Its name means trout's back. This loose romaine is mild, sweet, and sumptuous with many flavors in one leaf. Slow to bolt.

### **Green Deer Tongue**

45-55 days. Heirloom. Hardy and stout, this lettuce is known for its prolific growth. To harvest, you can cut the leaves down to about an inch of the root line and they will grow right back. You will get a long season of lettuce harvests using this "cut and come again" method. Triangular, tongue shaped sturdy green leaves earn its name.

#### **Rouge d'Hiver**

60 days, Heirloom. A French variety from the 1880's, this red romaine shows off more auburn colors when the weather is chilly. Produces compact 10-12 inch heads that are reddish brown on the outside and green towards the center.

#### **Tom Thumb**

55 days. Small and elegant, Tom Thumb is a butterhead lettuce. About the size of an apple when full grown, wait until the head is fully formed and harvest the whole thing. Crisp and soft, the leaves will make great edible cups to fill with your favorite tuna or egg salad! This cutie does not hold up well in the heat so plant early spring or late in the summer for a fall crop.

#### **Australian Yellow Leaf Lettuce**

50 days, Heirloom. Almost neon in brightness, this chartreuse yellow lettuce will add an impressive colorscheme to your lettuce patch. It is very slow to bolt, staying tender and mild into the summer. Considered a "loose-leaf" type lettuce, you can harvest outer leaves and let the inner leaves keep growing for a continual harvest all season long.

#### **Merveille des Quatre Saisons**

60 days, Heirloom. This butterhead type lettuce is a French heirloom that has been grown since at least 1885 when it was described in Vilmorin's The Vegetable Garden. Soft but crisp, like the best butterheads, it has a beautiful rosy blush toward the outer parts of the leaves that darken with cooler weather.

#### **Outredgeous**

52 days, Open Pollinated. Selected by Frank Morton of Gathering Together Farm in Oregon. This bright red beauty has curly, crinkly leaves that will head up into a romaine style lettuce. It is a stout and hardy variety that is tasty harvested as a baby green to brighten up gourmet salads. Harvested as a whole head, it will give an usual twist to a traditional Caesar salad!

#### **Jericho**

60 days, Open Pollinated. This is the romaine to choose for your classic Caesar salad. Large, crispy and sweet, Jericho stands up to all your expectations of what a great romaine lettuce should be. It does well in the heat too, producing even in summer when you crave its juicy leaves the most! Because it was bred for the desert heat, Jericho is very slow to bolt and stays sweet longer than most.

#### **All Star Gourmet Lettuce Mix**

Open pollinated. 28 days for baby lettuce. This gorgeous mix includes some of the darkest red and brightest green varieties around. Plus, there are ruffled and oak leaf and other unique leaf shapes that make this mix both ornamental and edible. Combine with the Spicy Salad Mix for a great salad every time.

## **Onion**

#### **Evergreen Bunching Onion**

75 days. Bunching onions do not produce bulbs. Instead, harvest them while young for fresh green tops and tender, milder white bottoms. Also called scallions, bunching onions are easy to grow and give a nice bit of onion flavor to salads, soups and other dishes early in the season.

#### **Deep Purple Scallion**

60 days. Deep purple-red salad onion or scallion. Holds color well and adds a little color to the garden and to your plate!

#### **Walla Walla Sweet**

Open pollinated. 125 days. Long day onion. For many Northwest gardeners, their onion patch just isn't complete without Walla Wallas. The bulbs will be 2 1/2 to 3 inches across, with sweet flavor. Plan to use these beauties quickly, they're not meant for long-term storage.

### **New York Early**

Open pollinated. 94 days. Intermediate day onion. An early, productive strain of Early Yellow Globe that is one of the most dependable open-pollinated onions. This yellow onion is firm enough for medium-term storage but still mild enough to be eaten raw on sandwiches or in salads. Selected by Orange County New York onion growers for first rate market quality. Some tolerance to pink root.

### **Red Long of Tropea**

90 days. The red onion of Tropea is one of the most famous onions in Italy and is the central point of the Onion Festival of Tropea in July. Produces a medium long day type mid season onion which is round and red or pink on outside but becomes white in the center. If picked as baby, it is all white. Very sweet. Not for storing.

## **Peas**

### **Green Arrow**

60-70 days. If you are looking for a great shelling pea, this is a good choice. Plants grow 24-28 inches but push out loads of pods- each 4-5 inches long and filled with 8-11 yummy little peas. Enjoying the fresh taste of garden peas is an old-time treat not enjoyed much anymore. These guys are so worth it!

### **Blauschokker**

88 days. Great as an ornamental and tasty too. If you are looking for something to add visual interest to your veggie garden, these 3-4 foot vines produce purple podded shell peas. Each pod is 3-3 1/2 inches long and contains about 8 light green peas.

### **Golden Sweet Edible Podded**

60-70 days. An unusual pea with edible yellow pods! The plants grow up to 6 feet tall and need to be trellised. Beautiful purple flowers lead to light golden pods. Best eaten while young and tender, but seeds can be dried and used for wintertime soups.

### **Dwarf Grey Sugar**

60 days. This variety of sugar snap peas have been around since at least 1892 when introduced by D.M. Ferry & Co. These guys grow 2-3 feet tall and put out tasty pale green pods about 3-4 inches long. Great off the vine or added to stir-fry, salads or steamed veggies.

### **Oregon Sugar Pod II**

Open pollinated, 105 days. Snow pea developed by Oregon State University, it is prolific and disease resistant. The dwarf plants grow to only 30 inches and although they do not need a trellis, a short one will help keep them upright. These guys can go out fairly early in the spring as they are vigorous and cold tolerant. They will provide you with tons of 4-5 inch pods in early summer.

### **Sugar Sprint**

Open pollinated 85 days. Super sweet sugar snap peas! This 24-30 inch plant is one of the earliest producers. It will start sending out super tasty 3-inch pods early and keep on going into the summer. Resistant to powdery mildew and pea enation, it is very easy to grow. A great one for kids, they are fun and tasty eaten right off the vine out in the garden.

## **Spinach**

### **Giant Winter**

50-55 days. Giant Winter is an heirloom spinach from Italy. It has large glossy semi-savoyed green leaves that are great stuffed with filling to make low-carb tacos or wrap and cook like you would classic cabbage rolls. This spinach can withstand chilly temperatures so you can get an early start on tender greens in the spring or harvest later into the year with a winter crop.

### **Long Standing Bloomsdale**

40-60 days. This is your classic dark green spinach, thick and meaty, but tender and tasty at the same time. Appealing savoyed leaves can be eaten young in salad mixes or picked when larger and more substantial. Delicious stuffed into pastas, pies and quiches. Vigorous, prolific grower and slow to bolt in the summer.

### **Strawberry Spinach**

Open pollinated, 50 days. Although not a true spinach, this unusual plant has tasty leaves similar to spinach. In addition, it also provides sweet mulberry-like red berries that earn it the name strawberry spinach. This great 2-for-1 plant provides fruit and veggie for a great summer salad! Also called beetberry or strawberry blite.

### **New Zealand Spinach**

Open pollinated, 50 days. Captain Cook brought this plant back from New Zealand in the 1700s. It thrives in warm weather and does not bolt in the summer, when most other greens do. In warmer climates it is perennial, but acts as an annual here because of the frost. Not a true spinach, the two foot tall plants have a spinach-like taste and are high in Vitamin C.

## **Strawberry**

### **Seascape**

Super-early, everbearing variety developed by UC Davis. Extremely high yielding, incredibly sweet and wonderfully large berries are as close to they come to perfect. Plants are resistant to viruses and easy to grow as they do well in a variety of growing conditions.

### **Honeoye**

This June bearing variety will announce the arrival of summer with it's beautiful red, tasty berries. Sweetest berries you'll ever taste! Great for jams and preserves as the put out an enormous amount of fruit in a shorter amount of time. Plants are disease resistant and self pollinating. Developed by breeders at Geneva, New York Experiment Station.