

Spring Vegetables 2024

| Plant Name | Days to Harvest | Plant Description |
|--------------------------|-----------------|--|
| <u>Artichokes</u> | | |
| Green Globe Artichoke | 78-100 | Deep green, purple tinged buds are 3-5" diameter with thick, fleshy scales and flavorful hearts. 3 to 4 per plant. Reliably hardy to zone 7, but many people overwinter them here in Idaho. If successfully overwintered, remain productive for 3-5 years. |
| Imperial Star Artichoke | 80-95 | Bred for annual production. Produces 1-2 primary buds averaging 3-4" diameter and 5-7 smaller secondary buds in one season. Buds are green with purple tips, tender, and delicious |
| Cardoon | 100 | 5 ft. tall x 4 ft. wide. Perennial in Zones 6-10. It also self sows. An artichoke and thistle relative. Cardoon leaf ribs and stalks can be blanched by wrapping them in black plastic or newspaper for 3-4 weeks, then eaten (boiled, do not eat raw) and they taste like artichokes. Flower buds can also be boiled and eaten. Besides being edible, a great addition to the ornamental landscape because it is so beautiful when it blooms with enormous purple thistle flowers above silver-green foliage. |
| <u>Arugula</u> | | |
| Rocket | 21-35 | Smooth, tender, lobed leaves with zesty, pleasingly bitter flavor. Harvest baby leaves for fresh use, and cook mature leaves as with other greens. Easy to grow. Tolerant of warm weather. |
| Wasabi | 45 | Broad, lobed leaves with delicious, spicy flavor - tastes like wasabi paste. Gives a kick to a green salad. Best for early spring and fall planting to avoid bolting. |
| <u>Bok Choy</u> | | |
| Joi Choi | 45-55 | Tender, dark-green leaves and 10" long, crunchy, snow-white stems form compact bunch. Adds slight mustardy flavor to stir-fry and is nice as baby green in salad. More bolt-resistant than most varieties performing well in heat or cold. F1 hybrid |
| Toy Choy | 30-40 | Baby Bok Choy. Single serving size (4-6" tall) with crisp white stems, dark green leaves, and mild flavor. Superb sautéed or roasted and in soup and stir-fry. Vitamin- and nutrient-rich. Good for successive sowing. Works well in containers. F1 hybrid |

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| <u>Broccoli</u> | | |
| Aspabroc Broccolini | 50-60 | A.k.a. baby broccoli. F1 hybrid of broccoli and gai lan (Chinese broccoli, Chinese kale, or kailaan). Long tender stalks, small florets, and sweet, peppery flavor. Side shoots rather than main stalk are harvested. Remove main stalk as plant matures to increase side shoot development. May be harvested 3-5 times during season. |
| DeCicco Broccoli | 50-90 | Old and reliable European variety with good yields of small, uniform, blue-green heads and prolific side-shoot production. Fine for freezing. Grows to 2-3'. Resists mildew. Heirloom, open pollinated. |
| Early Dream Broccoli | 60 | Produces large, domed crowns with tightly beaded florets and excellent flavor. A heat tolerant and disease resistant selection. Develops many side shoots after the crown is harvested which extends the harvest until fall or a hard freeze. F1 hybrid that replaces Early Dividend. |
| Early Purple Sprouting Broccoli | 65-200 | High yields of beautiful purple side sprouts (after central small crown has been cut) that are tender, delicious, and sweet. Leaves are also delicious and like a sweeter version of kale. Very cold hardy. Can be planted in early spring for a late spring, early summer harvest, or can be planted in fall to overwinter for an early spring harvest. Will require a heavy mulch and possibly cover to overwinter. English heirloom variety. |
| Fiesta Broccoli | 65 | Blue-green, tightly domed heads grow to 5-7". Sturdy, disease resistant plants with good tolerance to hot and cold temps. This cultivar is adaptable and dependable for spring and fall planting. F1 hybrid. |
| Pac-Pro | 50-55 | Produces dense, uniform, 6-8" heads with ample side shoots. Widely adapted hybrid that tolerates hot, dry conditions and most soil types. Grows upwards of 2 ft". F1 hybrid. |
| Premier Broccoli | 62-75 | Crown is large (9") and smooth with florets that are tightly beaded, crisp, and delicious. Heat tolerant and mildew resistant. Compact growth habit. F1 hybrid that replaces Premium Crop. |
| Romanesco Italia Broccoli | 85 | Striking, lime-green heads are conical with a fractal pattern of small spiraling florets. Flavor is mild and great fresh for salads and dips. Open pollinated. |
| Waltham 29 Broccoli | 60-95 | Blue-green, solid, medium-sized heads and plentiful side shoots. Compact plant grows to 20". Tolerates dry conditions and is cold hardy. Open pollinated. |
| <u>Brussel Sprouts</u> | | |
| Franklin | 100 | Early, 1" sprouts look like mini cabbages. Perfect steamed or fresh in salad. Plants grow to 30" tall. F1 hybrid. |
| Jade Cross | 75-90 | Early producer of dark green, long-stemmed, 1" sprouts that are mild flavored and crisp textured. Great roasted or sauteed and freeze well. As sprouts begin to appear, cut off the top and side leaves so more of the plant's energy goes to the sprouts. The leaves are delicious stir fried. Plants are heat tolerant, vigorous, high yielding, and compact (28-30" tall). F1 hybrid. |
| Long Island Improved | 80-115 | Produces heavy set of firm, dark green, 1-2 in. sprouts over extended season. Freezes very well. Harvest after frost for best flavor. Open pollinated |

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| <u>Cabbage</u> | | |
| Alcosa Mini Savoy | 70-72 | 2-4 lb. heads are blue-green with ruffled leaves and a pale yellow interior. Great for close planting and small spaces. After main head is picked, tiny 'mini-er' heads form on stalks. F1 hybrid. |
| Charmant | 60 | Early and heat tolerant plants produce 3-5 lb heads with blue-green leaves. Compact and good for close planting. Slow to split. F1 hybrid. |
| China Express | 65-80 | Slow bolting Napa type with tight, uniform, barrel-shaped heads that are 8-9" tall and 4-5 lbs. Sweet, crisp leaves are terrific in stir-fries or raw in salads. F1 hybrid |
| Copenhagen Market | 65-85 | 6-8", 3-4 lb. heads on a compact plant. Great for sauerkraut and store wells. Stands in field without splitting. Heirloom, open pollinated. |
| Danish Ballhead | 90-100 | Tight, 5-6 lbs., 7-10" heads have mild, tender, light-green leaves. Versatile, excellent for sauerkraut, slaw, cooking. Keeps well in field and storage. Heirloom, open pollinated. |
| Early Flat Dutch | 75-85 | Large, solid, 4-7 lb., 7-10" flattened heads are good for sauerkraut. One of the best for storage. Plants are compact and heat tolerant. Heirloom, open pollinated. |
| Golden Acre | 65 | Tight, solid heads average 3-5 lbs. and 5-7". Sweet leaves are good in salads. Not a long keeper but tolerates poor soil and resists yellows. Open pollinated |
| Golden Cross Mini | 40-45 | Softball sized, 2 lbs heads are deep green and short cored. A flavorful and early maturing ballhead type. Compact habit is perfect for dense planting or small spaces. F1 hybrid. |
| Gonzales Mini | 66 | Round, 4-6", 1 lb. heads are dense, uniform, crunchy, and sweet/spicy. Compact plants are great for high density planting or small spaces. F1 hybrid. |
| Katarina | 45 days | A white cabbage type with smooth, round, 4" heads. Produces very early. Plants are compact and great for containers. F1 hybrid. |
| Late Flat Dutch | 95-105 | Firm, flattened green heads with white interiors are 10-12" across and 8-12 lbs. Great for any dish. Stores well. Heirloom, open pollinated. |
| Red Acre | 75-100 | Deep purple-red heads are 5-7" and 2-4 lbs. Crisp, tender leaves are good raw or cooked. Best storing red that resists splitting. Resistant to yellows. Open pollinated |
| Red Trumpet | 60 | A Chinese cabbage type with tall, slender heads that are a beautiful red. Colorful and delicious in salads, slaws, and kimchi. F1 hybrid. |
| Ruby Perfection | 85 | Deep-red, solid, uniform, 4-5 lb. heads are crisp, flavorful, and nice in salads and slaw. Resists splitting and yellows, tolerates thrips, and stores well. F1 hybrid. |
| Savoy Ace | 78-80 | Round, 3.5 lb., firm heads with crinkled, deep-green leaves, creamy interiors, and short cores. Leaves are sweet and tender. Holds well in field. 1977 AAS winner. F1 hybrid. |
| Super Red 80 Mini | 73 | Red, round, small to mini-cabbages with tender, crisp, peppery leaves. 3-5 lb. heads resist splitting. Can be planted closely or in small spaces and holds well in field. F1 hybrid. |
| Sweet Slaw Cabbage | 65 | Smooth, dense, green, conehead cabbage. Great for slicing and shredding for coleslaw or sauerkraut. Crack resistant and has a long harvest window. |

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| <u>Cauliflower</u> | | |
| Cheddar Hybrid | 58-68 | Light orange heads are 4-7" wide and 2-3 lbs. Good raw or cooked. Color brightens when cooked. Orange pigment provides extra beta carotene. No tying of leaves required. F1 hybrid. |
| Early Snowball | 60 | Smooth white heads are 6-7" across. Crisp and tender raw or delicious roasted, baked, or steamed. Freezes well. Compact plants. Heirloom, open pollinated |
| Graffiti | 80 | Brilliant purple cauliflower heads. Beautiful and flavorful cooked or raw and makes colorful kimchi. Plants are heat resistant, drought tolerant, but slow to head up in cool weather. Keep color bright by adding a tablespoon of lemon juice to cooking water. High in antioxidants. F1 hybrid. |
| Self Blanche | 68 | Snowball type heads are 7-8" and 3-4 lbs. Plant wraps itself with leaves (in cool weather) so you don't have to. Open pollinated |
| Snow Crown | 50-55 | Vigorous, reliable producer of dense, white heads that are 6-8" wide and up to 2 lbs. Excellent fresh or cooked. AAS in 1975. F1 hybrid |
| <u>Celeriac and Celery</u> | | |
| Giant Prague Celeriac | 110 | Produces 2-5", round, crisp, white roots that are celery-flavored with a hint of parsley. Great in soups, stews, vegetable juices, shredded in salads, and even fried. Stores well. Heirloom. |
| Cutting Greens Celery | 60 | "Cut and come again" green with fine stems and glossy leaves that look like parsley. Rich celery aroma and taste. Use fresh or dried in all recipes that call for celery. Regrows quickly after cutting and remains productive over many months. |
| Giant Red Stalk Celery | 85-100 | 10-15" tall stalks are dark green and tinged with purple-red. Stronger, richer flavor than green celery, and golden-pink hearts are a real treat. Excellent in soup. Heirloom. |
| Utah 52-70 Celery | 100-120 | Thick, broad, bright green, 11-12" stalks are delicious raw or cooked. Plants have good disease resistance and adaptability. |
| <u>Collards</u> | | |
| Vates Collards | 75-80 | Classic non-heading variety with broad, wavy, dark-green leaves that are tender and have mild, cabbage-like flavor. Plants are adaptable and cold-hardy. Open pollinated. |
| <u>Fennel</u> | | |
| Bulbing Fennel | 50-80 | Heavy bulbs are aromatic, crisp, and delicious with anise flavor. Resistant to cracking and bolting. Multi-purpose treat, providing a vegetable (the bulb), an herb (the fronds have a dill-like flavor), and 2 spices (the seeds and the pollen are strongly aromatic of licorice). Bulbs can be eaten cooked or raw. As bulbs appear, they may be hilled up to keep them white. Additionally, fennel attracts many beneficial insects. Grows up to 1.5-2' tall. |

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| <u>Horseradish</u> | | |
| <p>Roots can be harvested after one year, either in late fall or early spring. The best flavor is after a frost. Grated (you can use a grater, microplane, blender, or food processor) and mixed with vinegar and salt, it makes a spicy, pungent condiment. However you grate it, be sure to keep your face masked and away from the fumes. Processing horseradish outdoors is a good idea! Vinegar stabilizes hotness. Add immediately after grinding for mild, or add 3 minutes after grinding for hot.</p> <p>Horseradish is a well known spreader, so be thoughtful about where you plant it. It likes full sun, so an isolated sunny spot would be sensible or a spot at the very end of your veggie garden as long as the location will get regular water. Plant where you can just leave it be as it is difficult to get rid of. You also might consider growing it in a container.</p> <p>Soil should be well drained and amended with organic materials such as compost, and a thick mulch will protect it in the heat of summer. Keep it well watered and weeded. Once established, it will push out weeds. Cut off any flowers, so that the plant will send more energy to the roots and also to prevent seeding.</p> | | |
| Horseradish | | <i>Armoracia rusticana</i> . Perennial. Zones 3-9. Ht. 2-3'. Spreads vigorously. May be grown in a container. Full sun. |
| <u>Kale</u> | | |
| Blue Curled Vates | 55 | Compact, blue-green kale with ruffled leaves and mild flavor. Open pollinated. |
| Lacinato | 60-65 | AKA: dinosaur kale. Dark blue-green, strap-like leaves are 10-20" long x 3" wide with pebbled texture. Widely considered the best-flavored variety for light cooking. It is also excellent in salads, soups, and stews. Grows to 3' tall. Plants produce over long season. Tuscan heirloom, open pollinated. |
| Redbor | 65 | Edible and ornamental upright kale with very frilly, finely cut leaves. With cooler temperatures, color changes from green to deep red, flavor becomes sweeter, and the leaves become curlier. Beautiful in the garden, and delicious in salads and stir fries. Grows 18-24" high and wide. F1 hybrid. |
| Russian Red | 50 | An early variety with tender leaves and mild flavor. Foliage is deeply lobed and grey-green foliage with purple stems. After frost, leaves turn deeper purple and taste sweeter. Winter hardy. Grows 2-3' tall. Heirloom, open pollinated. |
| Tronchuda | 85 | AKA: Portugese Sea Kale. Large, flat, rounded, blue-green leaves with prominent veins in loose, open heads. Sweeter and more tender than other kales and delicious raw or cooked in soups, stews, and stir fries. Ribs can be sautéed or eaten raw like celery. Grows 2' high and wide. Plants are heat and drought tolerant but would benefit from afternoon shade as tips can burn. Open pollinated |
| Winterbor | 55-65 | High yields of long, blue-green, tightly ruffled leaves that are mild and sweet yet slightly tangy. Harvest baby leaves in 28 days. Plants are very cold-tolerant and grow to ' tall. A Dutch F1 hybrid. |
| <u>Kalettes</u> | | |
| <p>An F1 hybrid of Brussels sprouts and kale developed through traditional cross pollination breeding methods. Grown and harvested like Brussels sprouts with florets that look like mini-heads of green and purple kale instead of the tight buds of sprouts. Very slow to mature. You will have large, tall plants before florets appear - patience required - our kalettes didn't develop till February (so don't pull them up in the fall). Harvest florets when they are 1.5-2" in diameter. Delicious raw, roasted, grilled, stir fried, or sautéed.</p> | | |
| Autumn Star Kalette | 110 days | Earliest Kalette; vigorous, productive; sweet, nutty flavor |

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| <u>Kohlrabi</u> | | |
| Grand Duke Kohlrabi | 50-55 | An early variety with mild flavor and crisp whitish flesh. Harvest bulbs at 2-4". Good raw, sautéed or steamed. Use young leaves in salad, and cook older leaves à la Swiss chard. Resistant to black rot. AAS in 1979. F1 hybrid. |
| Purple Vienna Kohlrabi | 55 | Above ground 'bulbs' with purple skin and a white interior are sweet. Delicious cooked or raw. Use bulbs when apple size and before they get woody. Young leaves have flavor reminiscent of kale or cabbage. Plants are cold hardy. Pre-1860 heirloom, open pollinated. |
| <u>Lettuce</u> | | |
| <u>Butterhead</u> | | |
| Adriana | 48 | Full, dense heads of mint green leaves with sweet, nutty flavor. Heat tolerant and bolt resistant. Disease resistant. |
| Buttercrunch | 55-70 | Broad green leaves form a loose, rosette-shaped head. Flavor is mild and never bitter, delicious. A reliable performer that tolerates heat and resists bolting. 1963 AAS winner. |
| Drunken Woman Frizzy Headed | 50-55 | Savoyed leaves are mint-green tinged with red in 8" heads. Makes unique and beautiful salads. Plants are slow to bolt. Heirloom. |
| Green Deer Tongue | 46 | Unusual lettuce that grows in a pinwheel. The leaves are pointy and tongue shaped, tender and sweet. Plants are heat resistant, slow to bolt, and compact. Heirloom. |
| Yugoslavian Red | 45-55 | Loose heads up to 12" across have red-tinged outer leaves, green inner leaves, and a nearly white center. Flavor is mild and buttery. Heirloom. |
| <u>Crisphead</u> | | |
| Great Lakes | 75-90 | Iceberg type with large, tight heads of thick, broad, glossy, slightly ruffled leaves. A widely adapted variety that resists scald and tip burn. AAS winner 1944 |
| Nevada | 48 | Batavia type with lime green leaves in an open head that are thick and crunchy with a hint of nuttiness. An adaptable variety resistant to tip burn and downy mildew, tolerant of mosaic virus, and slow to bolt. Stores well when cooled at harvest and kept refrigerated. |
| Reine des Glaces | 60 | An iceberg type aka Queen of the Ice with spiky deep green outer leaves and pale green inner leaves that are crispy and sweet. Heads close up like an iceberg but not as densely. Use as leaf lettuce after cutting the head. Slow to bolt. A French heirloom. |
| Sierra | 50 | Batavia type with open heads of bright green leaves tinged with red. Flavor is rich and nutty and texture is tender with crisp, succulent ribs. Plants have good disease and bolt resistance and do well in warm weather. |

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| <u>Leaf Lettuce</u> | | |
| Black Seeded Simpson | 40-50 | A favorite for generations with bright green, ruffly leaves in a large, loose bunch. They are very tender and sweet. Plants are early, reliable, adaptable, and easy to grow. Heirloom. |
| Green Oakleaf | 45 | Medium green, deeply lobed leaves with great mellow flavor that is almost never bitter. A fast growing, long standing variety that does well in hot weather. |
| Lollo Rossa | 45-53 | Produces a 5-8" tall, compact rosette of ruffled, frilled green leaves with magenta edges. Crisp-tender texture and nutty, mild flavor. Slow to bolt. |
| Mascara | 48-60 | Dark red, curled, frilly, oakleaf-shaped leaves are mild and non-bitter. An eye-catching addition to any salad. Bolt resistant and retains color even in the heat. |
| New Red Fire | 55 | Forms a large, loose bunch of ruffly, wine-red leaves. Crisp texture and sweet flavor. An adaptable variety with good disease resistance. Reliable performer in warmer weather. |
| Red Sails | 45-53 | Beautiful, bronze-red, crumpled bunches up to 10" across. Buttery flavor and soft texture. Among the slowest bolting reds and stands well in the garden. 1985 AAS winner. |
| Salad Bowl Green | 44-50 | 9-15" tall x 6" wide spray of lobed, ruffly, green leaves with good texture and taste. Flavor is not bitter even in hot weather. Slow bolting. AAS winner in 1952. |
| Salad Bowl Red | 44-50 | Like its green counterpart but bronzy red. |
| Simpson Elite | 48-53 | Medium green, ruffled, crumpled leaves are 9-15" long and 6" wide. Flavor is delicate and rarely bitter. Very slow bolting. |
| <u>Romaine</u> | | |
| Cimmaron | 60-70 | Deep burgundy, 10-12" heads are bolt resistant. A beautiful, crisp, tender, and delicious variety. Heirloom. |
| Coastal Star | 57 | Large, 10" high by 7" wide, heavy heads with a loose habit. Outside leaves are ribbed, dark green, sweet and crunchy. Hearts are buttery yellow. Plants are cold tolerant and best in spring or fall |
| Flashy Trout's Back | 55 | AKA: Forellenschluss. Forms a loose head of dark green leaves with wine-red speckles. Mild, buttery flavor. Austrian heirloom. |
| Jericho | 60-65 | Bright green leaves are fast growing and can be harvested as baby leaves (29 days) or as a head. Tolerates heat and resists tip burn. Open pollinated. |
| Parris Island | 65-72 | 8-10" tall, erect heads of loosely folded leaves are dark green outside and pale green to creamy white inside. Good disease tolerance and slow to bolt. Heirloom. |
| Red Romaine | 65-70 | Large heads are 12" high x 10-12" wide. Outer leaves are tender and mild, while inner are crisp and tangy. Beautiful color varies from green to bronze to deep red. |
| Red Rosie Romaine | 56 | Upright, red romaine with narrow leaves that are sweet and crunchy. Leaves are red at the top and green at the center. Plants are resistant to downy mildew. |
| Rouge d'Hiver | 60-70 | AKA: Red Winter. 10-12" leaves are sweet, tender, and green tinged with bronze turning to red. French heirloom. |

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| <u>Misc. Greens</u> | | |
| Endive, Bellesque | 45-60 | Bright green leaves are deeply lobed, long, and ruffled with sweet, white midribs. Best for spring or fall growing. Resists tip burn. Hybrid. |
| Endive, Frisee | 50 | Finely cut, bright green leaves make an attractive addition to salads. Cold hardy and best for spring/fall gardens. |
| Mesclun | 30-40 | Mix of salad greens and reds including lettuce, kale, mustard, bok choy. Harvest often for continuous supply. |
| Radicchio, Palla Rossa | 65-85 | Uniform, 5-7" heads are purple-red with white veins. Distinctive taste complements salads, stir-fries, and mixed steamed greens. |
| Radicchio, Red Treviso | 60-80 | 10-14", loose, long heads of greenish red leaves that turn red and white as the weather cools. Tender and delicious for salads, sautéés, roasting, and grilling. Italian heirloom. |
| Swiss Chard, Northern Lights | 60 | Leaves are glossy and crumpled. Petioles are tender and intensely colored in a range of hues. |
| Swiss Chard, Ruby Red | 60 | Glossy green leaves with crimson stalks and veins. Grows 12-16" tall with 8" spread. Easy to grow, reliable, adaptable, and tasty. Heirloom. |
| Watercress | 60 | Gourmet salad and sandwich veggie! Small, succulent leaves and stems have peppery zing. |
| Osaka Purple Mustard | 30-45 | Japanese mustard with purple and green ruffled leaves. Flavor is spicy and pungent. Use young leaves and stems in salads, stir-fries, and sushi and larger leaves as boiling greens. Open pollinated |
| Red Giant Mustard | 21-45 | Japanese mustard with large, reddish purple leaves. Baby leaves (21 days) are tasty in salads, sush, and larger leaves are great for Asian cooking. Open pollinated. |
| Tatsoi | 25-45 (baby greens to full size) | Rosettes of round, deep green leaves with white crunchy stems have mild, sweet flavor. Great for salads, soups, and stir fries. Nutrient dense - full of vitamins, minerals, and healthful compounds. Bolts quickly when the days start heating up in later spring. Open pollinated. |
| Burgundy Okra | 49-60 | Highly ornamental, 3-5' tall plants produce good yields of deep-red pods up to 8" long (best harvested at 3 in.). 1988 AAS winner. Heirloom. |
| Clemson Spineless Okra | 50-64 | The most popular variety on the market! Green, ribbed, spineless pods are 6-9" long (best at 3 in.) on a 3-5' tall plant. AAS winner in 1939. |

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| <u>Rhubarb</u> | | |
| <p>Plant rhubarb at the depth it is in the pot. Planting too deep can cause water to collect and rot the crown. Over the years, as we add amendments to our gardens, rhubarb can get buried too deep. If you notice that your rhubarb is performing poorly (few and skinny stalks), try lifting up the whole plant using a garden fork and put more soil under it so that the crown is above soil level. Your rhubarb will feel much better!</p> | | |
| Chipmans Canada Red | | Zones 3-8. One of the sweetest red rhubarbs, it is tall, plump, and has brilliantly red stems that don't fade in cooking. Perfect for sauces, preserves, and pies. Seldom goes to seed. Enormous, round, crinkled, green leaves. Grows about 3' tall and wide. |
| Victoria | | Zones 2-9. Early, abundant yields of smooth, tender, greenish-pink stalks that are red at the base. Flavor is sweet and tart. Versatile in the kitchen for pies, desserts, sauces and preserves. Ornamental in the garden. Cut flower stalks to prolong harvest. Grows 3-5' wide and tall. Heirloom in commerce since 1837. |
| <u>Spinach</u> | | |
| Avon | 20 (baby)-45 | Deep green, crinkly (semi-savoy) leaves with mild flavor. Tender leaves and stems. Upright habit, slow bolting, and mildew resistant. Heirloom. |
| Bloomsdale | 40-48 | Large, upright variety grows 10-12" high x 4" wide with thick, crinkled, glossy leaves. Tolerates warm weather better than most. Heirloom. |
| Giant Noble | 40-45 | Very large, 25" plants with crisp, semi-savoy, tender and flavorful dark green leaves. AAS winner 1923. |
| Green Malabar | 60-70 | Warm-weather spinach substitute (<i>Basella alba</i>) with fleshy, succulent leaves. Leaves and young stems can be used raw or cooked lightly (overcooking causes sliminess). Vigorous vining plant, may grow up to 14' so trellising is recommended. |
| Red Malabar | 60-70 | Similar to above but with dark green leaves and purplish-red stems (<i>Basella rubra</i>) |
| <u>Sunchoke (aka Jerusalem Artichoke)</u> | | |
| <p>A root vegetable, <i>Helianthus tuberosus</i>, is a type of sunflower and not related to artichokes. Grows into a 8-10' tall plant with beautiful yellow flowers and the surprising bonus of underground tubers. Tubers can be eaten raw in salads as a crunchy, sweet, water chestnut type of addition, or they can be eaten like a like a potato and baked, boiled, or mashed in their skins. They taste a bit like potatoes and a bit like artichoke hearts. The tubers are low in calories, high in vitamins and minerals, and have a low glycemic index. Harvest in the fall after frost, store tubers in the refrigerator, and leave some in the ground or container. They do well in large pots and of course spread less than when grown in the ground (sunchoke can be invasive- give some thought to where you plant them) for next year. Zones 3-8.</p> | | |