

OUTSTANDING VEGETABLES



'Dragon's Tongue'
Beans



'Purple Peacock'
Broccoli Kale Cross



'Delicacy Purple'
Kkohlrabi



'Rosette Tatsoi'
Pac Choi

ARTICHOKES

'**Green Globe**' – proven hardy here; 10-12 cm diameter artichokes in shades of green and purple with thick hearts

BEANS

Stood the test of time:

'**Tendergreen**' – this bush form yields over a long period and is a “forgiving” bean, as the beans are still tender even when over-ripe '**Kentucky Wonder Pole**' – pole bean

Noted for excellence:

'**O'Maxibel**' – a bush bean with straight 7” pods, this stringless bean has a firm texture and a fine flavour; it has a big yield for a short period, so needs to be replanted every two to three weeks '**Tricolor Mix**' – a bush bean mix of yellow, purple and green beans, all with good flavour and high productivity over a long period

'**Gold Marie**' – heavy-producing pole bean with sunshine yellow, flavourful, long beans

'**Dragon's Tongue**' – a bush bean that can be enjoyed as a snap bean when the bean seeds are small and the pods are flat or as a shelling bean at maturity; very pretty in garden (see picture above) '**Pellegrini**'(syn.

Monashine') – Seattle chefs noted 'finest stringless fresh bean ever, shelled autumn beans incomparable.' (Fresh shelled beans mashed with olive oil are delicious).

BEETS

Stood the test of time:

'**Bull's Blood**' – an old favourite that is also good for sprouts or baby greens

'**Red Ace**' – RHS Award of Garden Merit (AGM)

Noted for excellence:

'**Badger Flame**' – bred for exceptional flavour when raw. The City of Houston just had a city-wide 'Badger Flame Festival' in restaurants.

CARROTS

Stood the test of time:

'Chantenay', 'Bolero' (AGM), Napoli (AGM), Flyaway (AGM, resists carrot rust fly damage)

CHOI SUM, BROCCOLINI AND OTHER ASIAN AND ITALIAN GREENS

There is a wide range of Asian and Italian greens which have tender, short, edible stems and dark green, slightly bitter leaves. Some are suited to spring planting while others are suited to late summer planting so check packages or seed sellers' websites.

Noted for excellence:

Choi Sum 'Jade Spring' – a fabulous plant when eaten raw or lightly cooked, it matures from seeding in 35 to 45 days; as it prefers cool soil and growing conditions, it may be direct-seeded as early as March 1 (when garden beds are otherwise quite empty)

Bok choy 'Purple Lady' – the tender and mild deep purple leaves are good in salads or stir fried

Pac choy 'Rosette tatsoi' – a shiny deep green, the rosette form is beautiful in the garden



'Jade Spring'



'Purple Lady'



'Rosette tatsoi'

CUCUMBERS

Stood the test of time:

'Marketmore' or 'Marketmore 76', 'Tasty Green'

Noted for excellence:

'Picolino' – a seedless, productive plant with good mildew resistance

CUT AND COME AGAIN SALAD GREENS

Easy to grow in a pot on a patio, most seed suppliers have a range of good salad green mixes with flavours ranging from mild to spicy.

EGGPLANT

Stood the test of time:

'**Black Lady**' – ripens dramatically earlier than other dark purple eggplants, introduced in 1902 and unsurpassed flavour, texture and color

KALE

All kale is easy to grow, either from transplants or by direct seeding. As kale is a biennial, it is worth leaving some plants in the garden over the winter –the 'kaleonlini' flower stalks and buds produced the following spring are delicious stir-fried. Since microgreen seed is very expensive, let some of the kale seed pods dry to save seed for microgreens. **Stood the test of time: 'Red Russian' Noted for excellence:**

'**Rainbow lacinato**' (very hardy so often will perennialize in PNW), '**Red Ursa**' (bolting stems are tasty), '**Laurel's Frilly**' (Of Laurels' Kitchen fame),

KOHLRABI

Kohlrabi is very easy to grow and can be harvested small (4") to large (6") and still be tender and mildly sweet. As Kohlrabi is less dense and milder than turnips, it is excellent raw in pieces or shredded

Stood the test of time:

Purple '**Delicacy Purple**', '**Blaril**'

Pale green '**Delicacy White**', '**Konan**' (AAS)

'**Superschmeltz**' – can grow to 12" and still be tender.

PEPPERS

Noted for excellence:

'**TWINGO**' – productive cultivar producing large peppers that mature to bright golden yellow

POTATOES

Noted for excellence:

'**Gem Russet**' – high yields and excellent storage in an elongated white tuber with excellent flavour

RADISHES

Noted for excellence:

'**Miyashige**' – crisp, delicately flavoured daikon radish

SQUASH

Stood the test of time:

'Scallopini Starburst' – easy to grow yellow patty pan

'Acorn Festival' – highly productive compact, semi-bush vines produce orange and green striped fruit that weigh 0.5-1 kg

'Tromboncino' – long vine produces tasty, light green fruit that can be harvested from 6 cm to 90 cm.

'Spaghetti Pinnacle' – a semi-bush form produces nutty-flavoured strands like fine spaghetti

SUGAR SNAP PEAS

Stood the test of time:

We can grow two crops of the popular sugar snap or snow peas by planting in late-February and again in July. Both these cultivars are disease-resistant which is important in our area.

'Sugar Ann' – an All American Selection (AAS) and AGM winner. Although only two feet tall, it produces almost as many pods as the taller cultivars (which tend to produce pods only on the top half of their vines). It is easier to grow than taller cultivars that need to be tied to a trellis or netting. **'Cascadia'** – an AGM short sugar snap pea that matures ten days later than 'Sugar Ann' and, unlike other peas which have a slower production as the weather warms, it continues to produce (making it a nice companion to 'Sugar Ann' for extending the picking season)