

## GREENS 2023

		Key: OP = open pollinated F1 = hybrid	
<u>NAME</u>	<u>DAYS TO MATURITY*</u>	<u>DESCRIPTION</u>	
<b><u>Leaf Lettuce</u></b>			
Black Seeded Simpson	40-50 days	Venerable heirloom, a favorite for generations; bright green, ruffly leaves in large, loose bunch, very tender and sweet; early, reliable, adaptable, easy to grow	OP
Green Oakleaf	45 days	Medium green, deeply lobed leaves with great mellow flavor, almost never bitter; fast growing, long standing, does well in hot weather	OP
Lollo Rossa	45-53 days	5-8 in. tall, compact rosette of ruffled, frilled green leaves with magenta edges; crisp-tender texture, nutty, mild flavor; slow to bolt	OP
Mascara	48-60 days	Dark red, curled, frilly, oakleaf-shaped leaves; mild and non-bitter, an eye-catching addition to any salad; bolt resistant, retains color even in the heat	OP
New Red Fire	55 days	Forms large, loose bunch of ruffly, wine-red leaves; crisp texture, sweet flavor; adaptable variety, good disease resistance, reliable performer in warmer weather	OP
Red Sails	45-53 days	Beautiful bronze-red, crumpled bunches up to 10 in. across; buttery flavor and soft texture; among the slowest bolting reds, stands well in the garden; 1985 AAS winner	OP
Salad Bowl Green	44-50 days	9-15 in. tall x 6 in. wide spray of lobed, ruffly green leaves; good texture and taste, not bitter even in hot weather, slow bolting too; AAS winner in 1952	OP
Salad Bowl Red	44-50 days	Like its green counterpart but bronzy red	OP
Simpson Elite	48-53 days	Medium green, ruffled, crumpled leaves, 9-15 in. long and 6 in. wide; delicate flavor, rarely bitter; very slow bolting	OP
<b><u>Romaine</u></b>			
Cimmaron	60-70	Heirloom; deep burgundy, 10-12 in. heads, bolt resistant; beautiful, crisp, tender and delicious	OP
Coastal Star	57 days	Large (10 in. high by 7 in. wide), heavy heads; loose habit; outside leaves are ribbed, dark green, sweet and crunchy; hearts are buttery yellow; cold tolerant - best in spring or fall	OP
Flashy Trout's Back	55 days	Austrian heirloom, a.k.a. Forellenschluss; loose head of dark green leaves with wine-red speckles; mild, buttery flavor	OP
Parris Island	65-72 days	Heirloom; 8-10 in. tall, erect heads of loosely folded leaves, dark green outside and pale green to creamy white inside; good disease tolerance, slow to bolt	OP
Red Romaine	65-70 days	Large heads, 12 in. high x 10-12 in. wide, outer leaves are tender and mild, inner are crisp and tangy, color varies from green to bronze to deep red	OP
Red Rosie Romaine	56 days	Narrow leafed, upright red romaine, sweet and crunchy, red at the top of the leaves, green at the center; resistant to downy mildew	OP
Rouge d'Hiver	60-70 days	French heirloom, a.k.a. Red Winter; 10-12 in. leaves, sweet and tender, green tinged with bronze turning to red	OP
<b><u>Butterhead</u></b>			
Adriana	48 days	Full, dense heads of mint green leaves with sweet, nutty flavor; heat tolerant, bolt resistant, disease resistant	OP
Buttercrunch	55-70 days	Broad green leaves form loose, rosette-shaped head; mild flavor, never bitter, delicious heart with thick, tender-crisp ribs; reliable performer, tolerates heat, resists bolting; 1963 AAS winner	OP
Drunken Woman Frizzy Headed	50-55 days	Unique heirloom with 8 in. heads of savoyed leaves, mint-green tinged with red; slow to bolt	OP
Green Deer Tongue	46 days	Unusual heirloom lettuce that grows in a pinwheel; leaves are pointy and tongue shaped, tender and sweet; heat resistant, slow to bolt, compact	OP

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Yugoslavian Red	45-55 days	Heirloom; loose heads up to 12 in. across; red-tinged outer leaves, green inner leaves, nearly white center; mild, buttery flavor	OP
<b><u>Crisphead</u></b>			
Great Lakes	75-90 days	Iceberg; large, tight heads of thick, broad, glossy, slightly ruffled leaves; widely adapted variety, resists scald and tip burn; AAS winner 1944	OP
Nevada	48 days	Batavia type; lime green leaves in open head, thick and crunchy with a hint of nuttiness; adaptable variety, resistant to tip burn and downy mildew, tolerant of mosaic virus, slow bolting; stores well when cooled at harvest and kept refrigerated	OP
Reine des Glaces	60 days	Iceberg; French heirloom (Queen of the Ice); spiky deep green outer leaves, pale green inner leaves, crispy and sweet; heads close up like an iceberg but not as densely- use as leaf lettuce after cutting the head; slow to bolt	OP
Sierra	50 days	Batavia type; open heads of bright green leaves tinged with red; rich, nutty flavor, tender with crisp, succulent ribs; good disease tolerance and bolt resistance; does well in warm weather	OP
<b><u>Blends</u></b>			
Mesclun	30-40 days	Mix of salad greens and reds including lettuce, kale, mustard, bok choy; harvest often for continuous supply	
<b><u>Spinach</u></b>			
Avon	20 (baby)-45 days	Hybrid spinach with deep green, crinkly (semi-savoy) leaves, mild flavor, tender leaves and stems; upright habit, slow bolting, mildew resistant	F1
Bloomsdale	40-48 days	Heirloom; large upright variety, 10-12 in. high x 4 in. wide, with thick, crinkled, glossy leaves; tolerates warm weather better than most	
Giant Noble	40-45 days	Very large, 25 in. plants, with crisp, semi-savoy, tender and flavorful, dark green leaves; AAS 1923	OP
Green Malabar	60-70 days	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 ft., so trellising is recommended	OP
Red Malabar	60-70 days	Similar to above but with dark green leaves and purplish-red stems ( <i>Basella rubra</i> )	OP
New Zealand	60-70 days	Heirloom; heat-tolerant spinach substitute ( <i>Tetragonia tetragonoides</i> ) with small, fleshy, green leaves; similar to spinach in flavor and uses; strong, spreading, branching plant	OP
<b><u>Miscellaneous Greens</u></b>			
Rocket Arugula	21-35 days	Smooth, tender, lobed leaves with zesty, pleasingly bitter flavor; harvest baby leaves for fresh use, cook mature leaves as with other greens; easy to grow, tolerates warm weather	OP
Wasabi Arugula	45 days	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	OP
Cat Grass	Found in Annuals	A mixture of the smooth, soft sprouts of grasses such as wheat, barley, oats or rye, grown from seed indoors, especially for cats. A much healthier option for a cat than houseplants or outdoor grass, cat grass gives your cat vitamins A, B, C, calcium, iron, antioxidants, chlorophyll, fiber and other nutrients which promote cat health.	N/A
Green Curled Ruffec Endive	90 days	Heirloom; loose 15 in. heads of frilly, ruffled leaves with tender-crisp ribs; use fresh in salads, or boil or steam	OP

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Bachlund Bly Orach	20 (baby)-45 days	Heirloom; green variety with enormous leaves that taste somewhat like spinach, only milder; great in salads or as a lightly cooked green; harvest between 6 in. (for baby greens) to 2 ft. high; treat like basil: harvest from the top down and keep pinching off the flowers to slow bolting, make the plant bushier, and promote more leaf growth (young leaves are more tender); self-sows, if you save some seeds (the flat tan ones not the tiny black ones) you can plant them in late summer for a fall crop	OP
Palla Rossa Radicchio	65-85 days	Uniform 5-7 in. heads, purple-red with white veins; distinctive taste complements salads, stir-fries, mixed steamed greens	OP
Red Treviso Radicchio	60-80 days	Italian heirloom, 10-14 in. loose, long heads, greenish red leaves that turn red and white as the weather cools, tender and delicious for salads, sautées, roasting, grilling	OP
Ruby Red Swiss Chard	60 days	Heirloom; glossy green leaves with crimson stalks and veins; grows 12-16 in. tall with 8 in. spread; easy to grow, reliable, adaptable, tasty	OP
Watercress	60 days	Gourmet salad and sandwich veggie; small, succulent leaves and stems have peppery zing	OP
<b><u>Celery &amp; Celeriac</u></b>			
Giant Prague Celeriac	110 days	Heirloom; produces 2-5 in. round, crisp, white roots, celery-flavored with a hint of parsley; great in soups, stews, vegetable juices, shredded in salads, even fried; stores well	OP
Cutting Greens Celery	60 days	"Cut and come again" green with thin, 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, remains productive over many months; dries easily; great companion for brassicas as it repels the white cabbage butterfly	OP
Giant Pascal Celery	125 days	French heirloom; traditional, jumbo size celery, upright heads, crisp, bright green stalks grow to 2 ft. - hill up if you prefer paler color	OP
Giant Red Stalk Celery	85-100 days	Heirloom; 10-15 in. tall stalks, dark green tinged with purple-red; stronger, richer flavor than green celery; golden-pink hearts are a real treat; excellent in soup	OP
Utah 52-70 Celery	100-120 days	Thick, broad, bright green, 11-12 in. stalks, delicious raw or cooked; good disease resistance and adaptability	OP
<b><u>Miscellaneous Vegetables</u></b>			
Porto Spineless Cardoon	100 days	5 ft. tall x 4 ft. wide. Perennial in Zones 6-10, also self sows. 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 edible landscape because it is so beautiful when it blooms-enormous purple thistle flowers above silver-green foliage.	OP
Green Globe Artichoke	78-100 days	Deep green, purple tinged buds, 3-5 in. diameter, with thick, fleshy scales, 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	OP
Imperial Star Artichoke	80-95 days	Bred for annual production, produces 1-2 primary buds, average 3-4 in. diameter, and 5-7 smaller secondary buds in one season; buds are green with purple tips, tender and delicious	OP

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Sunchoke (aka Jerusalem Artichoke)	110-150 days	A root vegetable, <i>Helianthus tuberosus</i> , not related to an artichoke, actually a type of sunflower. Grows into a 8-10 ft. tall plant with beautiful yellow flowers, with 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, baked, boiled, or mashed in their skins, and 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 (sunchokes can be invasive- give some thought to where you plant them) for next year. Zones 3-8.	OP
Burgundy Okra	49-60 days	Heirloom; highly ornamental 3-5 ft. tall plants produce good yields of deep-red pods up to 8 in. long (best harvested at 3 in.); 1988 AAS winner	OP
Clemson Spineless Okra	50-64 days	The most popular variety on the market; green, ribbed, spineless pods, 6-9 in. long (best at 3 in.), on a 3-5 ft. tall plant; AAS winner in 1939	OP
Orazio Bulbing Fennel	50-80 days	F1 hybrid, heavy bulbs, aromatic, crisp and delicious, anise flavor: resistant to cracking and bolting. Multi-purpose treat, providing a vegetable (the bulb), an herb (the fronds), and 2 spices (the seeds and the pollen). Bulbs can be eaten cooked or raw - as bulbs appear you may hill them up to keep them white; the fronds have a dill-like flavor; the seeds and pollen are strongly aromatic of licorice. Additionally, fennel attracts many beneficial insects; grows 1.5-2 ft. tall.	F1