

**VEGETABLE GARDENERS:**

**Interested in Transplants?**

**Here's a List of**

**Our Choices for 2020**

**For More Information**

**Ask any Sales Associate**

**Or Check on Our Website for**

**FRESH FROM THE FARM**

## Starting dates for Sowing and Transplanting

- March 15:** *Sow* Beet, Carrot, Pea, Radish, Scallion Seeds  
*Sow or Transplant* Arugula, Asian Greens, Salad Greens, Collards, Lettuce, Mache, Mustard
- March 20:** *Sow* Endive, Kale, Leek, Spinach, Turnip Seeds  
*Transplant* Broccoli, Cabbage, Cauliflower, Kale  
*Set Out* Onion, Shallot, Potato Sets
- April 1:** *Sow or Transplant* Sorrel, Swiss Chard
- April 15:** *Sow* Bush Bean Seeds
- April 25:** *Sow* Corn Seeds
- May 1:** *Sow* Pole Bean, Melon Seeds
- May 10:** *Sow* Cucumber, Squash, Pumpkin Seeds  
*Transplant* Eggplant, Pepper, Tomato, Tomatillo

For more information  
please see our Bowood Farm  
'Vegetables By Season' Garden Tip Sheet,  
available online or at the Information Counter



## Cole Crop Selections for 2020

<b>Variety</b>	<b>Days to Harvest</b>	<b>Color/Type</b>	<b>Comments</b>
Asian Greens: 'Tatsoi'	21 baby 45 full	Green Open-Pollinated	Attractive, thick rosette of ruffled leaves; mild flavor for salads and stir fries; snip to harvest leaves for baby greens, thin planting to grow for full-sized; long harvest period
Broccoli: 'Green Magic F1'	57	Green Hybrid	Smooth, well-domed, uniform heads; superior heat-tolerance; after harvesting the main head, cut side-shoots regularly to continue production
Green Cabbage: 'Caraflex F1'	68	Mini Pointed Green Hybrid	Uniform small heads with good wrapper leaves; inner leaves are tender, crunchy, sweet; perfect raw or cooked; harvest young for spring greens
Red Cabbage: 'Candy Red F1'	78	Pointed Red Hybrid	Variably pointy and ranging in color from deep red to pinkish red; decorative and quite tasty; give this one space – it will grow quite large
Asian Cauliflower: 'Song TJS-65 F1'	44	Loose-curd White Hybrid	Small, white heads and tender, long green stems exemplify this popular Asian variety; sweeter and higher in health-promoting compounds than standard types; also performs better in hot weather and poor soils
Collard Greens: 'Top Bunch 2.0 F1'	50	Blue-green Hybrid	Attractive, slightly wavy leaves; tall, productive plants; sweet flavor; earliest to mature; vigorous, rapid regrowth for continued harvests
Kale: 'Red Russian'	25 baby 50 full	Dark Green and Purple Heirloom	Smooth, toothy leaves for baby size or for bunching; tender even at maturity; good for salads and light cooking; medium tall
Kale: 'Improved Dwarf Siberian'	50	Dark Green Open-Pollinated	Frilly, with chartreuse ribs; cold-tolerant; maintains kitchen-ready quality long after other kales bolt; excellent steamed or in stir-fries
Kalettes™: 'Autumn Star'	110	Green and Purple Bi-color Hybrid	Kale/ Brussels sprouts cross; open, flower-like florets are grown like Brussels sprouts; large, productive plants; transplant from mid-May to early June for fall harvest; keep well-watered and fertilized through long growing season; harvest when florets are 1½ to 2" in diameter
Mustard Greens: 'Green Wave'	21 baby 45 full	Bright Green Open-Pollinated	AAS winner; heavily curled and frilly; great for salad mix; mustardy hot taste mellows when cooked; slowest to bolt
Mustard – Salad: 'Red Splendor'	21 baby 45 full	Dark Red and Green Open-Pollinated	Plentiful large leaves are moderately frilled and highly serrated; hot mustardy tast; very slow-bolting plants; easy and very decorative



## Lettuce and Greens Selections for 2020

Variety	Days to Harvest	Color	Comments
Mini-Bibb: 'Cegolaine'	50	Bronzy-Green Hybrid	Very uniform, dense heads; great flavor; slow to bolt; three season choice; disease resistant
Mini-Bibb: 'Rosaine'	52	Dark Red Hybrid	Intensely colored, tight heads; crisp texture and excellent flavor; slow bolting; disease resistant
Loose Leaf: 'Revolution'	38	Deep Red Open-Pollinated	Firly leaves with deep, intense color; thick and crunchy with rich flavor; very last of the reds to bolt
Mini-Romaine: 'Dragoon'	43	Green Open-Pollinated	Compact, dense and uniform heads with thick, crisp textured leaves; great for spring, summer and fall; bolt-tolerant and disease resistant
Romaine: 'Salvius'	58	Medium Green Hybrid	Upright open habit makes full-size heads; good flavor with crisp texture; bolt-tolerant and widely adaptable; disease resistant
Romaine: 'Thurinus'	56	Dark Red Hybrid	Attractive, deep color with contrasting light green base; uniform plants are well-suited for spring, summer and fall; disease resistant
Summer Crisp: 'Nevada'	48	Bright Green Open-Pollinated	Dense, heavy, closed heads; good heat tolerance; resists bolting; great flavor stays mild for both spring and summer crops

Arugula – Garden: 'Apollo'	40-45	Green Open-Pollinated	Improved Dutch strain; very large, rounded leaves; excellent flavor and rarely bitter; high in Vitamin C; use as cut-and-come-again plant all season; edible flowers
Radicchio 'Indigo F1'	65	Burgundy/White Hybrid	High yields of uniform heads with good flavor; reliable in both hot and cool weather for spring, summer and fall production
Sorrel (French)	35 baby 60 full	Green Open-Pollinated	Perennial; earliest of all the greens; intense lemon flavor for soups, sauces, salads; harvest from baby size to about 8" tall; cut back in mid-summer to renew crown and harvest tender baby-sized leaves
Spinach 'SeasideF1'	30	Dark Green Hybrid	Upright, smooth-leaved; mild flavor; smaller leaves for baby greens salad; slower growing and slow-bolting for spring/summer harvests
Swiss Chard: 'Lyon'	50	Light Green Open-Pollinated	Large, thick, lime-green leaves on lush plants; broad, pure-white stalks; mild taste and tender texture; makes a great spinach substitute
Swiss Chard: 'Ruby Red'	32 baby 59 full	Red Open-Pollinated	Bright red stems with dark green, red-veined leaves; great as a true red for baby leaf mix; mild taste and tender texture; great spinach substitute



## Small Tomato Selections for 2020

Seeds from Open-Pollinated (OP) varieties will come true to type; the seeds of hybrid varieties will not. The following selections are all indeterminate (climbing) varieties and should be staked, trellised, and pruned for best results; fruit ripens over an extended period.

Type/Variety	Days to Harvest	Color/Type	Comments
Cherry: 'Indigo Cherry Drops'	75	Dark Blue over Red Open-Pollinated	1-2 oz. round fruit; very high in anti-oxidants; good 'plummy' flavor; improvement on 'Indigo Rose' – larger fruit clusters and vigorous, indeterminate plants
Cherry/Truss: 'Jasper F1'	60	Deep Red Hybrid	7-10 gram round fruit; sweet and rich with a chewy texture; crack-resistant; tall, extra vigorous plants; long season; super disease resistance
Cherry/Truss: 'Sun Gold F1'	57	Orange Hybrid	15-20 gram round fruit; exceptionally sweet; thin-skinned and juicy; very early; holds well on the vine; heavy cropper
Pear: 'Beam's Yellow Pear'	70	Yellow Open-Pollinated	1½" fruit; bright glossy yellow skin and flesh; great flavor, ideal for salads; prolific yields and dependable performance
Slicing/Salad: 'Green Zebra'	75-80	Yellow and Green Open-Pollinated	1½-2 ½" fruit; olive yellow with deep green zebra stripes; sweet, zingy flavor; very productive plants

## Sauce Tomato Selections for 2020

Salad/Sauce: 'Juliet F1'	60	Shiny, Deep Red Hybrid	1½-2 oz. elongated fruit; mini-Roma used fresh or cooked; rich flavor; excellent disease resistance; great vine, storage, and shelf life
Plum/Sauce: 'San Marzano'	78	Red Open-Pollinated	5" Long fruit; thick clusters of rosy red, large fruit; old favorite; high in sugars, pectin, and flavor; meaty and thick-walled; great for soups, sauces and pastes



## Large Tomato Selections for 2020

*Seeds from Open-Pollinated (OP) varieties will come true to type; the seeds of hybrid varieties will not. Almost all the following selections are indeterminate (climbing) varieties and should be staked, trellised, and pruned for best results; fruit ripens over an extended period. ‘Goliath Bush’ is our only determinate (bush) variety. It does not need pruning, may be grown with or without support, and is a good choice for container planting.*

<b>Type/Variety</b>	<b>Days to Harvest</b>	<b>Color/Type</b>	<b>Comments</b>
Slicing/Salad: ‘Cherokee Purple’	75-90	Purple OP Heirloom	12-16 oz. beefsteak fruit; Tennessee heirloom; unique, dusty rose-brown color; delicious flavor
Slicing/Salad: ‘Dester’	70-80	Deep Pink OP Heirloom	Amish Missouri heirloom originally from Germany; luscious and tasty
Slicing/Salad: ‘Dr. Wyche’s Yellow’	75-85	Golden Yellow OP Heirloom	1 pound fruit; large, flattened ovals; meaty flesh and rich flavor; the elephants of Carson & Barnes Circus provided Dr. Wych’s extensive gardens with excellent fertilizer
Slicing/Salad: ‘Large-Barred Boar’	65-75	Pink-Brown with Metallic Green Stripes Open-Pollinated	8-12 oz. flattened beefsteak fruit; Wild Boar Farms introduction; gorgeously colored; flavorful, very meaty, pink flesh; fairly stocky plants
Slicing/Salad: ‘BrandyFred Dwarf’	75	Dusky Rose-Purple Open-Pollinated	10-16 oz. very flattened beefsteak fruit; from Craig LeHoullier’s Dwarf Tomato Project; rich, well-balanced flavor; high-yielding, vigorous dwarf plants only 4’ tall on stocky stems; great for small plots and container gardening
Slicing/Salad: ‘Big Beef’	73	Red Hybrid	9-16 oz. globe-shaped fruit; combines traditionally rich, delicious flavor with excellent disease resistance; colossal fruit size and great yields
Beefsteak: ‘Goliath Bush Hybrid’	68	Red Hybrid	Determinate; 3-4” globe-shaped fruit; attractive, compact plants developed for containers; huge, flavorful, meaty fruit with high sugar content; unlike most determinate tomatoes, bears consistently until frost and needs little staking



## Pepper Selections for 2020

<i>Type/Variety</i>	<i>Days to Harvest</i>	<i>Color/Type</i>	<i>Comments</i>
Bell: 'Gourmet F1'	65 Green 85 Ripe	Green to Orange Hybrid	Medium Large; very blocky shape; thick, juicy walls and fruity, sweet flavor; easy to grow under a wide variety of conditions
Bell: 'Intruder F1'	62 Green 72 Ripe	Green to Red Hybrid	Large; thick-walled and blocky; good flavor; medium-sized plants with good canopy to minimize scorching; excellent disease resistance
Bell: 'Islander F1'	56 Green 81 Ripe	Lavender to Yellow-Streaked to Very Dark Red Hybrid	Medium; three-lobed shape; thick-fleshed; mild, slightly sweet taste; strong, medium-tall plants yield well; evolving fruit colors are very decorative
Mini-Bell: 'Lunchbox Mix'	55 Green 75 Ripe	Green - Red, Orange, or Yellow Hybrid	2-3" snackers; beautiful and colorful; remarkably sweet and flavorful in sautés or salads; tall, strong plants that yield well
Banana: 'Sweet Banana'	65 Green 85 Ripe	Pale Green to Red Hybrid	Medium Large; variably piquant/0-500 SHU; thick walled fruits with sweet, mild, waxy flesh; excellent both fresh and cooked; prolific medium-sized plants with pendant fruits
Corno di Toro: 'Carmen F1'	60 Green 80 Ripe	Green to Carmine Hybrid	6" Long; best-tasting sweet frying pepper; excellent in salads or for roasting; early maturity; upright, medium-sized plants
Cubanelle: 'Goliath Griller'	70 Ripe	Green to Red Hybrid	5-7" Long; smooth-sided and gently tapered; pungent enough for roasting but mild enough to eat fresh; adaptable; great yield and good disease resistance
Shishito: 'Mellow Star F1'	60 Green 80 Ripe	Green to Red Hybrid	3½-4" Long; heavily wrinkled, thin-walled fruit; mild when green, slightly sweet when red; great for tempura, stir fries and sautés; produces well over an extended harvest



## Hot Pepper Selections for 2020

The Scoville Scale measures the pungency or spicy heat of peppers as defined by the amount of capsaicin they contain. A panel of trained tasters drink varying dilutions of a given pepper until a majority detects the heat and then rate this heat level in multiples of 100 Scoville Heat Units (SHU). For example, a Bell Pepper is 0, but some ‘sweets’ like cubanelle and banana peppers actually can range from 100-900. Habañero peppers are rated 100,000-350,000, and Naga Bhut Jolokia comes in at searing 330,000-1,000,000!

Type/Variety	Days to Harvest	Color/Type	Comments
Ancho/Poblano: ‘Bastan F1’	65 Green 85 Ripe	Green to Brown Hybrid	5” Long; 1000-2000 SHU; moderately pungent; smooth, easy to peel for rellenos; called “ancho” when dried and “poblano” when used fresh or roasted; sturdy, upright plants produce high yields of uniform fruit from summer to early fall
Hot/Specialty: ‘Gong Bao’	85	Green to Red Hybrid	3-5” Long; 3000-6000 SHU; slender, thin-walled fruit named for the popular Chinese dish; deliciously spicy flavor; use fresh, cooked or dried; high-yielding plants set fruit continuously
Jalapeño: ‘Jalafuego F1’	70 Green 93 Ripe	Dk Green to Red Hybrid	3½-4” Long; 2500-8000 SHU; smooth, long fruits; excellent fresh, roasted or pickled; large plants begin producing later than most jalapeños but with a very high yield potential
Serrano: ‘Hot Rod F1’	57 Green 77 Ripe	Dk Green to Red Hybrid	3” Long; 8000-23,000 SHU: traditionally eaten green but makes fine chipotles if ripened to red; high yields on big plants with a long harvest period
Cayenne: ‘Arapaho F1’	65 Green 85 Ripe	Green to Red Hybrid	8-9” Long; 30,000-50,000 SHU; sweet and moderately hot with excellent flavor; great for frying and in salsas; high-yielding, medium-sized plants (aka ‘Cheyenne’)
Thai: ‘Bangkok F1’	75 Green 95 Ripe	Green to Red Hybrid	3” Long; 60,000-85,000 SHU; small and fiery-hot; use fresh green or red; dry for flakes or in mini-ristras; sets heavily on big, upright plants
Habañero: ‘Helios F1’	67 Green 90 Ripe	Deep Orange Hybrid	2 ¾” Long by 1½” Thick; 400,000-450,000 SHU; earlier, higher yielding and with bigger fruit than the average habañoero; crunchy and flavorful with serious heat; adds kick to stir-fries, salsas and sauces



## Edible Flower Selections for 2020

<i>Variety</i>	<i>Days to Harvest</i>	<i>Bloom Time</i>	<i>Comments</i>
Signet Marigold 'Starfire'	60	Late Spring to Fall	Yellow to Orange heirloom; 12" tall; spicy/citrusy flavor; shred petals onto salads, in soups, or use as saffron substitute; spicy-scented foliage and masses of blooms; colors intensify in cooler weather; companion plant for tomatoes
Calendula 'Alpha'	50-60	Early Summer to Frost	Bright Orange; 24-30" tall; tangy, slightly bitter flavor; use the quill-like petals fresh or dried in salads, soups and rice dishes; flowers also have medicinal and dye applications; very easy to grow; great for container gardens
Nasturtium 'Empress of India'	55-65	Summer to Frost	Crimson heirloom; 16-20" tall; spicy, peppery flavor; use flowers as garnish or add to salads and pasta; dark blue-green leaves are edible as well but use sparingly; interplant with vegetables to add color and repel insect pests; harvest flowers regularly to promote more flowering; classic Victorian cultivar
Nasturtium 'Jewel Mix'	55-65	Summer to Frost	Red/Yellow/Orange singles & doubles; 14-16" tall; spicy, peppery flavor; use flowers as garnish or add to salads and pasta; light green leaves are edible as well – use sparingly; interplant with vegetables to add color and repel insect pests; harvest flowers regularly to promote more flowering

## Other Vegetable Selections for 2020

Eggplant, Asian: 'Orient Express F1'	58	Dark Purple Hybrid	Harvest at 8-10" long; attractive, slender, glossy; tender, delicately flavored and quick-cooking; sets fruit in cool weather and heat stress
Eggplant, Italian: 'Rosa Bianca'	73	Violet/White Heirloom	Harvest at 4-6" long; plump (5-6" diameter) and variably ribbed; mild, creamy flavor; best adapted for regions with warm nights; pick regularly to encourage further production



## Other Vegetable Selections for 2020

Variety	Days to Harvest	Color/Type	Comments
Cucumber, Cocktail: 'Picolino F1'	50	Dark Green Hybrid	Harvest at 4-5" long; glossy, thin skin; tasty and crisp for salads or snacking; uniform and prolific; excellent disease resistance
Cucumber, Pickling: 'Excelsior F1'	50	Dark Green Hybrid	Harvest at 4-5" long; excellent flavor; blocky fruit; sets high yields even without pollinators; vigorous plants; good disease resistance
Cucumber, Seedless: 'Diva'	58	Light Green Open-Pollinated	Harvest at 3½-6" long; especially flavorful harvested small; tender, crisp, sweet; bitter-free; foliage unattractive to cucumber beetles

Ground Cherry: 'Aunt Molly's'	70	Yellow Open-Pollinated	½ to ¾ inch fruit; super sweet, golden yellow fruit in papery husks; use for preserves, pies or in fruit salads; very productive, sprawling plants
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Summer Squash, Costata Romanesco: 'Pantheon F1'	50	Striped Hybrid	Harvest at 4-6" long; classic appearance but more uniformity and higher yields; glossy fruit with reduced spines; upright bush habit for easy harvests
Summer Squash, Yellow: 'Slick Pik YS 26 F1'	48	Yellow Hybrid	Harvest at 4-5" long; extra early; attractive fruits with good flavor; spineless for easier harvest
Summer Squash, Zucchini: 'Dunja F1'	47	Dark Green Hybrid	Harvest at 4-6" long; straight fruit; high-yielding and early; open plants and small spines for easy harvest; powdery mildew resistant

Winter Squash, Acorn: 'Honey Bear F1'	85	Dark Green Hybrid	Harvest at 4" round/1-1¼ pounds; mini-size, perfect halved for single serving; deliciously starchy and sweet flavor; compact bush plant averages 3-4 fruits; resists powdery mildew; ready to eat when picked, will keep up to three months
Winter Squash, Butternut: 'Butterscotch PMR F1'	105	Tan Hybrid	Harvest at 1-2 pounds; mini-sized for single servings; unusually rich, sweet and starchy flavor; short, space-saving vines resist powdery mildew; 3-4 fruits per plant; limited storage – best up to 3 months after maturity