



Cool Season Vegetable Selection Guide©

<u>Variety</u>	<u>Color</u>	<u>Size</u>	<u>Days to Harvest</u>	<u>Comments</u>
<u>Artichoke</u>				
'Imperial Star'	green	4"	n/a	Bred for annual production, plants produce an average of 7 heads per year
'Green Globe'	green	4"	n/a	Perennial, frost-sensitive plant produces an average of 7-9 heads per year
<u>Asian Vegetables</u>				
Chinese Cabbage 'Bilko'	green		54	Large, full-size, slow bolting heads have a mild sweet flavor. Very adaptable
Onion 'White Nebuka'	green	n/a	80	Multi-stemmed bunching onions with a stronger flavor than scallions
<u>Asian Greens</u>				
Kyona Mizuna	green	n/a	40	Essential salad mix ingredient. Unique mustard green with a mild flavor
Pac Choi 'Black Summer'	green	n/a	45	Beautiful dark green foliage forms a perfect vase shape even when small
Pac Choi 'Red Choi'	red	n/a	45	Maroon leaves with a green underside add beautiful color to any stir-fry
Shiso, Ao	green	n/a	70	Japanese herb used with sashimi, sushi or salads. Cinnamon flavored serrated leaves
<u>Asparagus</u>				
'Jersey Knight'	green	n/a	n/a	A classic spring harvest treat, this perennial is easily grown & produces for many years
<u>Lettuce</u>				
Amish Deer Tongue	green	n/a	50	Looseleaf Amish variety valued for its hardiness, heavy production and pleasant sharp flavor
Australian Yellow Leaf	chartreuse	n/a	50	Australian heirloom with very tender texture. Plants grow quite large and are slow to bolt

Forellenschuss	speckled	n/a	55	Green & maroon speckled Austrian heirloom romaine with superior flavor and heat tolerance
Freckles	green	n/a	68	An early romaine variety with glossy green leaves and maroon splashes. Holds head well
Lolla Rosa	magenta	n/a	55	Magenta leaves with tiny frills make this cut-and-come-again beauty an excellent choice
Mesclun Mix	multi	n/a	45	“Mesclun” is the French word for a mixture of salad greens. Harvest young and tender for salad.
Oak Leaf	green	n/a	45	An old time favorite with an attractive oak leaf shape. Good drought and heat resistance
Red Romaine	red	n/a	70	Gourmet variety with a tangy flavor adds color to salads. Color develops best in cool weather
Reine des Glaces	green	n/a	62	Slow-bolting variety performs well in the heat. Use as a leaf lettuce after heads are cut
Rossa di Trento	green/red	n/a	60	A cutting lettuce from Italy, green with red tips, resists bolting, tolerates heat well

Garden Vegetables

Broccoli ‘Arcadia’	green	n/a	63	A rugged and vigorous broccoli. Very firm, dark green domed heads
Brussels Sprouts ‘Jade Cross’	green	n/a	90	Early maturing variety produces high yields of firm, oval-shaped medium sized sprouts
Cabbage ‘Tendersweet’	green	n/a	71	Exceptional flavor, mid-size flat heads. Thin, tender, sweet and crisp leaves. Great for coleslaw
Cauliflower ‘Cheddar’	orange	n/a	58	This early orange cauliflower holds well in the field. Turns brighter orange when cooked
Cauliflower ‘Fremont’	white	n/a	62	This is the best early white cauliflower. A grower favorite for adaptability to soils and weather
Cauliflower ‘Graffiti’	purple	n/a	62	Stunning, flashy, true cauliflower heads adorn the large plants. Florets are delicious raw
Celery ‘Tango’	green	n/a	80	Tall, tender, flavorful stalks perform well under stress and are extremely tolerant of heat
Collard Greens ‘Champion’	green	n/a	60	Selected from the popular Vates variety. Rich, dark green color, long, broad, wavy, tender leaves.
Kale ‘Redbor’	red/purple	n/a	55	Deep red-purple leaves are frilly and 2’-3’ tall. Color and leaf curl are enhanced by cool weather.
Kale ‘Winterbor’	blue/green	n/a	60	Well-curved, blue-green, ruffled leaves grow vigorously for successive harvests.
Leek ‘Upton’	blue/green	n/a	90	Vigorous, medium-maturity, upright plants with medium-thick shanks and blue-green foliage
Peas ‘Oregon Giant’	green	n/a	60	Sweet flavored, large pod size snow/sugar type pea. 2 ½’ vines yield prolifically.
Peas ‘Premium’	green	n/a	51	Best tasting, early shelling pea with 3” pods that average 7-8 medium sized sweet peas per pod
Peas ‘Snow Green’	green	n/a	59	Crisp and flavorful snow/sugar type pea pods on robust 28” vines that need no support
Peas ‘Super Sugar Snap’	green	n/a	60	An earlier, more disease resistant version of the sugar snap, expect heavy yields on 2 ½’ vines
Spinach ‘Bordeaux’	red/green	n/a	32	Red-veined, dark green leaves suitable for full-size or baby leaf production. Harvest promptly
Spinach ‘Red Malabar’	red/green	n/a	60	Heat-loving perennial from India. Red leaf veins and stems, freebranching climbing variety
Spinach ‘Strawberry’	green	n/a	55	Showy, compact plants are grown for the leaves and tender shoots. Berry like fruits are edible
Spinach ‘Whale’	green	n/a	37	Smooth, dark green leaves on high yielding plants. Excellent tip burn resistance
Swiss Chard ‘5 Color Silverbeet’	multi	n/a	55	Spectacular range of colors throughout the entire season