

Grow Guide ~ April, May, June 2021 *Marisha's Permaculture Plant Nursery*

Basil (*Ocimum basilicum*)

Basil is a native plant of the tropics, although it has been cultivated elsewhere for years. Basil loves hot weather, but, being a plant cultivated for its leaves, it needs ample water to support good leaf production. Basil is best planted after the minimum air temperature reached 60 degrees. Plant 10 inches apart. Common Basil grows to 3 ft high.

'Bolloso Napoletano' – This Big leaf Italian Basil from Naples can have wrinkled leaves up to 4". It looks like it has its party dress on! The leaves have intense flavor and aroma. It is a delicious variety of Basil to use for wraps.

'Golden Mountain Sweet Thai' - A classic thai basil with green leaves, purple stems, and purple flowers. The plants are compact and aromatic. From Adaptive Seeds. This is a good basil for drying and using in thai dishes.

'Italian Mountain Sweet' - A cold weather tolerant strain of Italian Sweet Basil from Adaptive Seeds. It originally came from Northern Italy. It has a flavor similar to Genovese types. Great for pesto. This variety is slow to bolt and the bees love the flowers.

'Opalescence' - This is a purple basil from Wild Garden Seeds that has large toothed savoyed dark purple leaves. It is similar to "Purple Ruffles". It is a wonderful basil to use for salad vinegar. Yummy!

'Tulsi (Holy Basil)' – Tulsi is an important medicinal plant that has been grown on the Indian subcontinent for over 3000 years. Use the aerial parts of the plant as a tea or tonic for the adrenal system. It can also be used like Thai Basil in cooking.

Broccoli (*B. oleracea*)

Broccoli is a cabbage relative grown for their succulent flower buds. It likes rich, moist soil and cool temperatures, harvest when buds are tightest, just before they open. Once it flowers, the flowers are also edible and attractive for pollinators. The large broccoli heads come from overwintering varieties (180 day) that are planted in mid-summer. Plant 80 day varieties in spring for an early summer harvest, or these early varieties can be planted in mid-summer for a fall harvest. Most broccoli varieties will offer smaller side-shoots after the main stalk and buds are harvested. Take care to provide ample calcium and nitrogen to support these young plants. Plant the short season varieties 18" apart. The long season varieties need 24" of space. Side dress with compost as your plants begin to produce their head.

'Decicco' - Open Pollinated. (45 -85 days) This is a traditional Italian heirloom variety that produces reliable heads of broccoli in the spring or fall. Heads are 3-4" and followed with good side shoot production. Production time is not consistent, resulting in a longer harvest period when multiple plants have been planted.

'Umpqua' - Open Pollinated. (50-60 days) Excellent blue-green color. 6-8" heads, good side shoot production.

Calendula (*Calendula officinalis*)

Calendula is a beautiful orange flower that self-seeds in the garden. It can be used as a cut flower or a medicinal herb, useful for treating skin conditions. It grows best in full sun with well drained soil, but it is quite tolerant of poor soils, too. Calendula is attractive to beneficial

insects. Calendula will grow up to 2' tall and spread up to 2'. It is an edible flower. The petals can be sprinkled on salads and used as a "poor man's Saffron".

Cauliflower (*B. oleracea*)

Cauliflower is a cabbage relative grown for their succulent flower buds. It appreciates rich, moist soil and cool temperatures with regularity. Cauliflower is more delicate than Broccoli. Take care to provide ample calcium and nitrogen to support these young plants. Space 18" apart and side dress with compost when they are 8" tall. Harvest when buds are tightest, just before they open. The tiny buds are called the curd. Some varieties have been bred so the leaves naturally blanch the flower bud and prevent it from being visible to the sunlight.

'Goodman' - Open Pollinated. (65-70 days) This cauliflower produces white heads, wrapped in its leaves. It is a vigorous and dependable Cauliflower.

Chard (*Beta vulgaris*)

Related to beets, Swiss Chard produces large leaves with tender ribbed stalks in a beautiful range of colors. It grows well in heat and cold. Swiss Chard prefers rich soil, full sun, and adequate moisture. Chard can be planted from starts or direct sown. Each seed is actually multiple seeds in a whorl. Direct sow seeds 2" apart. Thin plants to 10" spacing. If planting starts, provide for 10" spacing. Chard likes a fertile, well-drained soil in full sun. It can take part shade in the hot season. Harvest leaves as desired. Chard is often affected by leaf-miners, tiny insects that live inside the leaves. If your plants are affected, pick off these leaves and feed them to chickens, a hot compost pile, or dispose of in your yard waste bin. Chard will need a lot of space if you want to collect seeds. Thin your plants and save the best plant for seed. If you let Swiss Chard seed in your garden, it is likely to naturalize and come back each year.

'Better Beta Mix' –This is a diverse strain of Chard from Wild Garden Seed that they have selected for vigor and diverse colors. Leaves can be eaten raw or cooked. Don't forget to eat the stems too, or you can ferment them.

Chervil (*Anthriscus cerefolium*)

Also known as French Parsley, Chervil is a delightful herb that thrives in our climate. It can grow in sun or partial shade. It thrives in the cooler temperatures, going to flower as the weather gets warmer. The flowers are edible, beautiful in bouquets, and attractive to pollinators. It is said to be a nice companion plant to broccoli, cabbage, lettuce, and radishes as it is also said to repel slugs. Plants take about 6 weeks until the first harvest. Cut back the leaves and enjoy its delicate flavor with a hint of licorice. Sow seeds ¼ - ½" deep and space plants about 12" apart. When flowering, they can reach about 1-2' tall.

Cilantro (*Coriandrum sativum*)

Cilantro is a leafy green herb that prefers cooler weather. As the heat of the summer approaches, you can prolong the leaf production by planting it in partial shade or by providing ample water. When it bolts and goes to flower, the flowers are beautiful, attractive to beneficial insects and edible. When Cilantro bolts, it is known as Coriander. Save the seeds for planting next year, or you can save them to grind in your kitchen to use as Coriander.

'Rak Tamachat' - Open Pollinated. The folks with Adaptive Seeds saved this seed in Thailand at a natural building center of the same name. This variety of Cilantro has

remarkably large leaves. They can be up to 2" across. Flavor is more gentle than some varieties of Cilantro.

Cosmos (*Cosmos bipinnatus*)

Cosmos is a flower that attracts beneficial insects including lacewings, parasitic wasps, tachinid flies, and hoverflies to provide pollination services and feed on pest insects. This lovely flower enjoys growing in full sun, at 18 inch spacings. Cosmos can get quite tall and bushy. The delicate blooms will flower for months if tended to by cutting back the flowers. They will yield generously for bouquets.

Cucumbers (*Cucumis sativus*)

Cucumbers, originally from India or Western Asia, have been cultivated for at least 3000 years. Their original habitat was of a dried up riverbed in these areas so that is useful to mimic when planting. Cucumbers prefer outdoor minimum air temperatures over 50 degrees and soil temperatures of at least 65 degrees. Cucumbers do well by transplant or sown directly in the soil. They like rich, moist, well-drained soil in full sun with good air flow to prevent powdery mildew. They can benefit from mid-afternoon shade on hot days. Vines can run up to 5 ft in length. Cucumbers benefit from trellising. It is recommended to plant Cucumbers 30" apart.

Addis Pickle (55 days) ~ dual purpose pickling and fresh eating cucumber from Adaptive Seeds, dark green with white spines, 5-7" fruit, resistant to powdery mildew, downy mildew, anthracnose, and angular leaf spot, from the south but well adapted to the Pacific Northwest

Lemon Cucumber (65 days) ~ Lemon Cucumbers are Marisha's favorite, she eats them like Apples, crisp, delicious, productive, great for snacking

Mexican Sour Gherkin (60-70 days) ~ This plant is a fast growing vine that produces a tiny 1" fruit that looks like a mini watermelon and tastes like a mini cucumber. It was first recorded in 1870. This is a fun and productive plant to grow in your garden.

Mideast Peace (50-60 days) ~ This selection has been developed by Alan Kapular for its great taste and reliability. It is a middle-eastern type cucumber with a smooth mild flavor. Fruit grows to 6" – 7". It can be eaten fresh or made into pickles. You will find the light green skin to be tender and durable.

Pointsett 76 (60-70 days) ~ An open pollinated cucumber from Adaptive Seeds with 7-8" long fruit that they describe as "juicy, crunchy, and sweet and remarkably productive." This variety was selected to be resistant to anthracnose, angular leaf spot, downy mildew, powdery mildew, spider mites, and scab.

Silver Slicer (55-60 days) ~ A crisp white cucumber that is known for never being bitter, you will find this variety to be a good producer and resistant to powdery mildew. Cucumbers are 6" – 8" long and about 2" in width.

Spacemaster (60 days) ~ A compact cucumber that produces 7.5" fruit off of 2-3' long vines. Great for salads or pickles, containers and small gardens.

Sweet Marketmore (60-65 days) ~ A standard English variety of Cucumber that is eaten fresh. Fruits are 7" - 9" long. The skin is a deep green. Uprising Seeds says that this variety is more resilient and disease resistant than other Marketmore varieties.

Vorgebirgsrauben (55-60 days) ~ pickling type cucumber that can also be eaten fresh, extremely productive, has dimpled, bumpy skin, stays crisp

Cutting Celery (*Apium graveolens*)

Similar to Celery, this plant has edible leaves and leaf stems that are a wonderful addition to soups and stews. Don't expect the water intensive vegetable that we see in stores. Growing your own celery is a different experience than the "ants on a log" Celery. Organically grown cutting celery enhances your meals with its flavor profile. Provide a fertile space in full sun or part shade for your plants. Give them about 1' of space to grow. This is a wonderful "cut and come again" green in your garden.

Collards (*Brassica oleracea*)

Collards are a frost hardy leafy vegetable. Similar to Kale, they are a non-head forming cabbage. It loves the cool weather in spring and fall, but it can also do well in the warm seasons. Plant seedlings 24" apart in a soil that has been amended with calcium, and nitrogen rich compost.

'Champion' - Open Pollinated. (60 - 78 days) This reliable variety of Collards offers vigorous dark blue-green leaves. It has high yields and resists bolting. It is a Vates type Collard.

Dill (*Anethum graveolens*)

Dill is a delicious herb that likes to grow in the summer in full sun. Give each plant 12 inches of space. Dill likes regular watering and can be prone to bolting when it gets hot. Take care to provide ample water on hot days to cool it down. Known for attracting beneficial insects, Dill can bring in ladybugs, lacewings, tachinid flies, hoverflies, and parasitoid wasps.

'Goldkrone' - Open Pollinated. (45 days) We selected Goldkrone for its ability to produce tasty leaves, resist bolting, and to provide good seed for drying. The flowers make excellent cut flowers. They can reach 5' in height if given enough space.

'Mammoth Long Island'

Eggplant (*Solanum melongena*)

Eggplant is a staple agricultural crop from India that has also been grown for centuries in communities in Africa, Asia, the Middle East and the Mediterranean. These plants love heat. Take care to give them your hottest location in the garden and provide good compost to nourish their growth. Eggplants prefer to be planted after the nighttime low temperature has reached 60 degrees. Give each eggplant 2 ft of space for growth. The luster of the skin of your fruit is an indicator of when to harvest. Harvest when the fruit is glossy.

Diamond (70 day) – This is an Open Pollinated European type Eggplant variety. The seed was collected in the Ukraine by Seed Savers Exchange in 1993. Diamond has mild, dark purple, cylindrical fruits. They have a dense green pulp and are recommended for places where they can be ripened in the outdoors.

Ping Tung (70 day) – An Open Pollinated variety from Ping Tung, Taiwan, this purple eggplant has 18" long fruits that are 2" in diameter. It is hardy, vigorous and disease resistant with abundant yields.

Assorted Greens (*Brassica spp.*)

This describes various types of edible greens, including the chois and mustards. They are all grown in the shoulder seasons of spring and fall. They tend to bolt in the heat of the summer. In the cool weather of the Maritime Northwest, they are easy to grow and prefer a

well-drained soil with ample moisture. The best way to keep them from bolting in hot temperatures is to provide enough water and take care to avoid the western fun. Once it flowers, the flowers are also edible and attractive for pollinators.

'China Choi' - (*Brassica rapa*) This plant is similar to Bok Choi but it has a looser floret of leaves. The leaves are dark with crunchy white petioles (leaf stems).

'Ethiopian Kale '(Karate Cabbage) - (*Brassica carinata*) This plant is grown as a perennial vegetable in Ethiopia, but may not last as a perennial in our climate. Regardless, we can enjoy its quick growing shiny green leaves that are said to taste like butter.

'Mizuna 'Ruby Streaks' - This unique type of Mizuna has purple leaves with deep lobes. It is a beauty to grow in the garden and often self-seeds. The leaves can be eaten raw or cooked.

'Mustard 'Frieded Dragon Magma Mix' - (*Brassica juncea*) This is a beautiful blend of spicy mustards that was selected by Frank Morton of Wild Garden Seed. Use the young leaves in salad or use the larger leaves in a braising mix.

'Green Wave' - This is a reliable winter mustard that has green frilly leaves. It thrives in the cold but also can resist bolting when the temperatures warm up.

'Pac Choi 'Luck Dragon' - (*Brassica rapa*) A fast growing type of Pac Choi that is grown for its succulent leaves. The leaves are crunchy and resist cracking. It can hold up nicely in heat and is slow to bolt. There is some variation in the shape of the leaves.

'Prize Choi' - (*Brassica rapa*) Succulent leaves and crunchy white stems with an upright habit. This choi produces beautiful heads relatively quickly.

'Tat Soi' - This is a quickly growing type of mustard that can be eaten raw or cooked. It has cute rounded leaves. Harvest the leaves and let the plant continue to grow

Ground Cherry (*Physalis pruinosa*)

Ground Cherries are an easy to grow vegetable (fruit?) for the warm season. Plant outside after the air temperature reaches 55 degrees. They like full sun and well drained soil amended with compost. When ripe, the husk of the sweet fruits will lighten and the fruit will drop to the ground. Remove the husk and delight in the delicious taste of these berries.

'Aunt Molly's' - Open Pollinated. 70 days. This variety was first recorded in America in 1837 in Pennsylvania, but Ground Cherries are native to Central America. Aunt Molly's is a Polish variety prized for its great flavor. The small fruits are wrapped in a papery husk that turns brown when ripe and drop to the ground. Easy to grow, abundant, and tastes like a tropical fruit that can be grown in the temperate regions. ARK Heirloom

Kale (*Brassica oleracea*)

Kale is a frost hardy leafy vegetable that is easy to grow. It enjoys the cool weather of the shoulder seasons and may suffer if exposed to hot sunlight in the summer. Kale can be direct sown in the garden, but I prefer to plant transplants to avoid slug damage. Provide 12" of space for each plant. Kale can be planted again in mid-summer for a fall, winter, and spring harvest. Kale is the hardiest of the cabbage relatives. It sweetens up in cold weather and is best started in the mid-summer for fall, winter, and spring harvest. Kale likes rich, well-drained soil with lots of organic matter

'Black Tuscan Lacinato' - (55 days) aka Dinosaur Kale, Black Tuscan Kale, this dark green textured variety of kale is extremely popular and known for its good taste. It is from the Tuscan Hills in Italy. Leaves sweeten up after a frost.

'Post Apocalyptic' – I hope this Kale is as “bomb-proof” as it sounds. I got this seed from David from Grow Portland at a seed exchange. It sounds like a reliable variety to me.

'Russian Red' – (50 days) This heirloom kale has blue-green leaves that are lobed with a lovely purple stem and veins. It can be used young fresh in salads or braised as it gets larger. This hardy homestead kale is a standard in the Pacific Northwest.

Leeks (*Allium porrum*)

Plant leeks into the garden 6” apart in April or June. Leeks enjoy regular watering. As they grow, mound up soil around their base to blanch the stalk. Leeks are harvested in the autumn and winter.

'Bandit' – (120 days) This leek is a tasty variety grown for autumn harvests or overwintering. This thick leek blanches well when hilled. It has lovely blue-green leaves.

'Neptune' – (110 days) This leek grows strong and straight and shows some resistance to rust. It has attractive blue-green leaves and excellent flavor. Grow it in the summer for a fall crop of leeks.

Lettuce (*Lactuca sativa*)

Direct sow by planting seeds twice as deep as they are large. Lettuce can also be grown from transplant. Thin to 10” of space for each plant. Lettuce prefers full sun in the shoulder seasons. Summer plantings will benefit from shade from the hottest sun (west) and regular watering to keep the lettuce tender. You can harvest lettuce by picking the outer leaves as they grow or you can cut the head and it will resprout from the roots. If you want to pull out the full head of lettuce, you will not get future harvests from that plant. Lettuce does not cross-pollinate so you can save seed from multiple varieties in your garden.

'Better Devil Romaine' – This is a moderate sized butter cos lettuce. Wild Garden Seeds bred this variety from 'Devil's Tongue' but it is more compact and uniform. Particularly good for early spring plantings.

'Drunken Woman Frizzy Headed' – The name says a lot about the expression of this lettuce. It is a unique butterhead lettuce with savoyed leaves that are magenta on the tips and lime green around the stem.

'Eruption' – This type of Romaine lettuce has deep red tips with a green and pink core. Eruption yields small heads with a stunning cross section. It is resistant to bolting and many diseases.

'Flashy Troutback' aka 'Forellenschluss' – One of Marisha's favorite lettuce varieties, this is an old strain from Austria. It is a green romaine lettuce with red speckles.

'Four Seasons' – A cold hardy savoyed butterhead lettuce known for its ability to thrive in varying temperatures. Outer leaves have a red tint to them while the inner leaves are lighter in color. Also known as Merveille des Quatre Saisons.

Onions (*A. cepa*)

Depending on days to harvest, onions can be planted in the fall to overwinter, or in the spring. Plant your onions by late March or early April so they have time to put on growth before the summer solstice. Onions are photosensitive, which means that they grow in the cool season and begin to form bulbs when the day length changes. For this reason, onions are

given good nutrition while they are in the growth stage. Nutrition and water are deprived as they form their bulbs. Onions should be thinned as they grow, until they are eventually 6" apart. To plant your onions, create a furrow in the soil and tuck the young plants in the ground. Onions like to grow in well-drained soil with about an inch of water per week. Don't provide too much nitrogen in the soil as this will cause lots of growth but poor bulb formation. If your onion plant begins to flower, cut off the flower stalk to send more energy into the bulb. When the top of your onion turns yellow, it is just about ready. Use the back of a rake to bend down the tops horizontally, which causes the sap to stop flowing. When the tops dry up in a day or two, pull the onions up and leave them to dry in the sun. Take care to cover the bulbs with the tops of the onions to avoid sunscald.

'Ailsa Craig' – (100-110 days) A favorite sweet spanish long day onion that is known to perform well in shorter cooler seasons. Named for an island of solid rock off the coast of England, Ailsa Craig was introduced in 1887. This is not an extended storage onion. It averages 1-2# and will keep about 2-3 months in proper storage.

'Red Savonese' - An Italian red salad onion from Wild Garden Seed. This one has a mild, sweet flavor. The inside color is lavender. These onions can get to 3" diameter for storage, or you can choose a closer spacing for smaller bulbs.

'Rijnsburg 5' – (100 days) This Dutch variety is a large, round, globe type with bronze wrappers and delightful flavor. This is a wonderful storage onion that is well suited to organic cultivation.

'Rossa di Milano' – (110 days) A favorite storage onion from Uprising Seeds. This attractive red onion is medium sized and round with a flat top. Once cured properly, this onion is likely to store throughout the winter.

Parsnip (*Pastinaca sativa*)

Parsnips grow similar to Carrots. They are best direct sown in loose friable soil. Provide ample compost or manure as Parsnips like to grow in moisture retentive soil. Take care to remove soil clods and rocks to enable your plants to grow large roots. Plant 3-6" apart. You can thin the young parsnips to make more space for the other ones to grow larger. Parsnip seeds can take more than 2 weeks to germinate. The seeds are not viable for more than one year. Harvest your Parsnips before they flower in the spring of their second year. When Parsnips begin to flower, their inner core becomes woody.

Pepper (*Capsicum annuum*)

Peppers are a warm season crop, native to the Americas. All of our heirloom peppers offer diversity of color, shape, flavor, and usage. Peppers like rich, moist soil in full sun. Most types ripen up to a bright and beautiful color such as purple, orange, or red, but all can be eaten immature when green. Start indoors several weeks before the last frost, set out once the warm weather has truly set in. Some of these varieties are grown to use as a spice, like chili or paprika, others are for fresh eating. Some varieties can be dried to store for winter. Peppers are best planted after nighttime low temperatures are above 60 degrees. Plant your pepper plants 18 – 30 inches apart. Pinch of premature blossoms before your peppers are well established in your garden. Provide ample compost to nourish the grow of your plants.

Aci Sivri (75 days) ~ old Turkish heirloom spicy pepper, cayenne type peppers, 7" in length, reliably spicy, can be dried and made into ristras, high yielding and reliable

Allepo (80 – 90 days) ~ This pepper is well-known in communities in Aleppo, Syria, an area that has been inhabited since the 6th century BCE. It is an old variety from the old Silk Road. We chose to grow this pepper to send hope for peace and restoration for the communities in this area. Allepo is a pepper that has a spicy, cumin like flavor and is often dried. Staking can be necessary for this variety.

Alma Paprika (70-80 days) ~ These thick walled, cherry type peppers are great for drying and making sweet paprika as well as fresh eating. They start off cream white and change to orange to red as they ripen.

Beaver Dam (80 days) ~ The Hussli family brought this Hungarian heirloom peppers to Beaver Dam, WI in 1912. Marisha was impressed by the flavor and size of these peppers in her friend Willow's garden in Olympia, WA. Peppers are horn-shaped and grow to about 6" long and 2.5" at the shoulder. They are sweet and slightly spicy. An Ark of Taste heirloom.

Bird Pepper (Perennial) ~ A friend gave this pepper to Marisha many years ago and she brought this pepper back from Tennessee in her backpack. He told her that it would produce hot peppers throughout the winter if treated like a houseplant. The peppers are extremely spicy on this very productive and ornamental plant. Young leaves are green and turn purple, peppers are purple and ripen to red. This plant will self seed and live for at least three years.

Chile ~ This productive Chile came to Marisha from a neighbor. She was impressed with its wonderful taste and how well it produced. She made the peppers into a fermented chili paste that has been used all winter.

Connie's Round Sweet ~ A neighbor calls this the "magic pepper" due to its extremely reliable productivity in Portland summers. Small, red, sweet peppers are abundant on this plant, Comes from Connie Van Dyke of Tabor Tilth Farm.

Early Jalapeno (66 days) ~ green peppers ripen to red, spicy, 2' tall, sturdy plants, peppers are 2-3" with thick walls, good for fresh eating, salsas, sautéing and pickling,

Fehér Ozon (70 days) ~ A heirloom pepper from Hungaria that is used to make paprika. These are very productive plants that produce a pepper with thick walls and a sweet flavor. Plants are about 18-20" tall. Peppers are pale yellow and ripen to orange then red at maturity.

Gatherer's Gold (70 – 90 days) ~ This is an Italian Roasting Pepper that was bred by Frank Morton for its golden color and crunchy, thick, sweet flesh. It is resistant to sun scald and can be eaten raw or cooked.

Gypsy Queens (80 days) ~ From the breeding work of Andrew and Sarah of Adaptive Seeds, this is a sweet bell pepper, that produces an abundance of bell shaped fruits with good flavor. They mature to orange and red. The flesh is sweet and thick. Great for salads and fresh eating.

Jimmy Nardello (75 days) ~ An heirloom favorite in the Pacific Northwest, Jimmy Nardello was brought to the states in 1887 from the village of Ruoti in southern Italy. is a long red skinny pepper that is candy sweet and thin walled. Fruits can grow up to 10" long. It is an early maturing variety that is one of the first sweet peppers to ripen. Reliable and tasty, it can be eaten fresh, roasted, or fried.

King of the North (57-65 days) ~ Like the name suggests, this sweet pepper is a reliable variety for our cool climate. Bell peppers are 5"- 6" long. They can be eaten fresh, stuffed, roasted, or fried. Fruits are green and turn red at maturity.

Peace Bells (70-80 days) ~ A early maturing red bell pepper for our climate. Plants are 24-30". Peppers mature to red, but can also be eaten green. Big thanks to Alan Kapular of Peace Seeds for breeding this plant for our climate.

Petit Mersailles (85 days) ~ This variety comes from the Provence region in France. It is a sweet, thin walled, orange pepper with a beautiful shape. You will find Petit Mersailles to be very productive with 4-5" long x 1-2" wide fruits. Fruits have a deep, unique citrusy flavor. They are tasty fresh or cooked and can be pickled too.

Pimiento de Padron (65 days) ~ A classic pepper variety that was brought from South America to Spain by monks in the 16th century. Padron peppers are known for their variable spiciness that may surprise you. They are often blistered on the grill with a little salt. Pick them young to encourage them to keep producing peppers.

Pointy Kaibri #1 (70 days) ~ This early maturing heirloom pepper comes to us from Bulgaria where it has been grown for generations. It has a wonderful aroma that makes it perfect for making sweet paprika. The folks at Adaptive Seeds say that it is also one of the longest keeping Sweet Peppers.

Romani ~ Romani is a descendant from the old standby sweet pepper Gypsy (which is no longer in the public domain). This beautiful productive sweet pepper is part of a breeding effort to retain the characteristics from Gypsy and develop a reliable sweet pepper for our cool summers in western Oregon. Peppers are orange-red with some variability. Strongly recommended.

Serrano (75 days) ~ This heirloom pepper has 2" green fruits that are super hot. They are extremely productive and often grown in Mexico and the Southwest. Peppers hold up well in storage. Plants can grow up to 3' tall.

Shisito (60 days) ~ An old Japanese pepper variety that is quite popular with Portland Restaurants. Peppers are about 3", wrinkled, green turning to red, and mild flavored with some spice. They are good for grilling, roasting, or panfrying. An occasional pepper with surprise you with some spice.

Stocky Red Roaster (80 Days) ~ Red, Italian Roasting Pepper, rich taste like it has been roasted when fresh, productive and reliable, thick walled, generally 4-6" long x 2" wide, considered the Open Pollinated Italian type pepper of choice for the Pacific Northwest.

Sunnybrook Pimento (60 days) ~ This is a very early, sheepsnose type, sweet pepper. It is medium walled and sets fruit that ripens to red and is the size of a golf ball.

Shungiku (*Chrysanthemum coronarium*)

Shungiku, aka Chop Suey Green, is an edible chrysanthemum from China. Cut the greens when they are 4"-8" tall and use in salads, or pickles. If you want to use them in stir fry, add them when almost all of your veggies have finished cooking to preserve their delicate nature. You can eat the small orange and yellow flowers that appear later in the season. It can grow to about 24" tall. They prefer full sun and can tolerate a wee bit of light shade.

Squash, Summer (*Cucurbita* spp.)

Summer Squash includes Zucchini, Yellow Crookneck, the Cymling Squashes and other squashes grown for their premature fruit. These are bush type squashes, meaning that they like about 3 ft of space and don't sprawl along the ground like many of their winter squash relatives. Provide ample compost and amend your soil with calcium to prevent the dreaded

powdery mildew that can affect these plants. If you do get powdery mildew, early removal of the leaves can prevent the fungus from destroying your plants.

'Costata Romanesco' Zucchini– 55 days. This variety continues to win Uprising Seeds blind zucchini taste test each year. It is a scalloped green and white zucchini heirloom from Italy. Don't forget to sex your flowers so you can harvest the males for stuffing.

'Dark Star' Zucchini (50-55 days) ~ A dark, smooth, long zucchini that is very productive and tolerant of dry farming. This open pollinated zucchini does well in the home garden or on a larger scale.

'Genovese' Zucchini (55 days) ~ This zucchini has a smooth light green outer skin. It is an Italian variety with wonderful flavor that remains delicious past the "baby" zucchini stage. Plants are productive and have an open bush habit.

Golden Marbre Scallopini Squash (60 days) ~ A tasty yellow summer squash from France with yellow skin that is shaped like a spaceship. It can store well for a summer squash on the counter.

Squash, Winter (*Cucurbita spp.*)

Winter Squash sprawls along the ground with long vines. Provide 6' of space per plant. There are many different kinds of winter squash. Provide ample compost and amend your soil with calcium to prevent the dreaded powdery mildew that can affect these plants. If you do get powdery mildew, early removal of the leaves can prevent the fungus from destroying your plants. Based on what species of squash you grow, you can determine the best time to eat them. Most winter squashes, with the exception of Acorn Squash, needs a 2 week period after harvest to cure. *C. pepo* has the shortest storage life and is best eaten before January. *C. moschata* is best eaten in January and February. *C. maxima* takes us through the end of the winter until the spring.

Bitterroot Buttercup ~ Selected for short season production, this squash matures early and is a good keeper. The flesh is rich and flaky. Each plant tends to produce about 5 dark green 3 lb squashes. They are wonderful for soups, roasting, and eating on their own.

Black Forest Kabocha ~ A classic Japanese squash with wonderful nutty sweet flavor and a flakey texture, Kabocha is a delicious option for dinner in the winter. It is a wonderful squash for soup, curry, or making gnocchi. There are about 3 squashes per plant.

Black Futsu (*Cucurbita moschata*, 100 days) ~ Black Futsu is a popular small, bumpy, ribbed squash from Japan. The flesh is fruity with a smooth texture and becomes nutty in storage. It ripens early for a *moschata* type. The skin is thin and edible. Vines have a moderate sprawl. The dark green fruits ripen to a buff bluish color with a thin white film known as "bloom" on the surface.

Burpee's Butterbush ~ A short-season butternut, selected for its ability to thrive in cooler climates and its bush growth habit. These plants are great for growing in smaller space gardens. The fruit is 2-4 lbs with a deep orange flesh. The seed cavity is small. The flesh is delicious.

Candystick Dessert Delicata (Cucurbita pepo, 90 days) ~ This squash was bred by Carol Deppe for sweet flavor and a small seed cavity. It is a good keeper. Candystick produces both short loaf and long boat type squashes. The fruit is tan with green stripes and a "date-like", sweet flavor that you will love.

Gill's Golden Pippin (Cucurbita pepo, 85 days) ~ A small acorn type squash with a bright orange color and deep lobes. This squash is great for a single serving. You will find it to be very flavorful. Sometimes, this squash will set 10 fruits per plant. It is a great stuffer.

Lower Salmon River (Cucurbita maxima, 90 days) ~ This is an heritage Pacific Northwest winter squash from the Lower Salmon River region of Idaho. It has likely been grown there for generations. These high yielding plants produce a wonderful winter keeper squash that has salmon pink skin. The flesh is deep orange and sweet. It is good for pies and soup as well as curries and eating on its own. Fruits tend to be 3-10 lbs.

Potimarron (Cucurbita maxima, 85 days) ~ A red kuri type squash with red-orange skin and bright orange flesh. The flavor is rich and wonderful for soups and savory dishes. The name comes from a combination of Pumpkin and Chestnut, which is said to describe the flavor. Fruits are 3-6 lbs each.

Spaghetti Squash (Cucurbita pepo, 100 days) ~ Grow this squash to use as a substitute for spaghetti. The 10" fruits are yellow and oval shaped. This squash can be boiled or baked whole and then cut lengthwise down the middle.

Sweet Meat aka Oregon Homestead (Cucurbita maxima 100 -115 days) ~ Sweet Meat is a northwest classic winter keeper squash. The fruit is large, weighing in at 10-20 lbs. It is a wonderful squash for stews, pies, and roasting. It improves in storage for up to 6 months. This squash has a beautiful greyish blue skin color with a rich orange inside. Take care to allow plenty of space for these vines!

Winter Luxury Pumpkin (Cucurbita pepo, 90-100 days) ~ beautiful heirloom pie pumpkin, has netted skin, considered the best flavor and texture for pies, so sweet that you can cut back on the sugar in baking, from an 1893 introduction by Johnson & Stokes

Sunflowers (*Helianthus annuus*)

Sunflowers love to grow in the sunshine. There is some variation amongst different varieties. They can be light yellow to deep red in color and some varieties can get as tall as 16 feet! Others remain shorter (and easier to cut for cut flowers). Sunflowers are adored by pollinators and birds (and squirrels). Provide well-drained soil, amended with compost to support the growth of your sunflowers. You may want to grow them near a fence if you think they will need to be staked. It can be helpful to shelter your plants from strong winds.

'Garden Anarchy Mix' – This is a mix of Sunflower types that comes from Adaptive Seed. It includes "gorgeous burgundies, cheery yellows, whites, bi-colors, single headed, poly headed, Russian edible-seeded, teddy bear type... We let all that diverse genetic material cross pollinate freely to bring you this mix. Expect to be surprised by an unpredictable array of various combinations. We predict the results will be stunning."

'Lemon Queen' - This is a yellow tall sunflower with a deep brown center. It makes a lovely cut flower.

Tomatillos (*Physalis ixocarpa*)

Tomatillos are known as the "husk tomato". Two plants are needed for pollination. Grow these plants like tomatoes in full sun with well drained soil. There is no need to stake Tomatillos. They grow faster from seed than tomatoes and are better adapted for colder temperatures. Often, tomatillos will self-seed and come back year after year.

'Purple De Milpa' – *Open Pollinated. 70 -90 days. This is the tomatillo that grows wild in Mexican cornfields. A 3 - 4 ft plant that produces prolific nickle sized fruit in papery husks that split when ripe.*

Tomatoes (*Solanum lycopersicum*)

The tomato may be the entry plant for gardeners. There are so many types that delight. Wait until the temperatures reach 50 degrees at night before putting your tomatoes in the ground. Tomatoes like to grow in full sun in well drained soil amended with compost. Strip off the lower leaves and plant your tomato deep in the hole to allow the stem to develop roots and enhance the anchoring of your plant in the ground. Provide extra calcium by putting a scoop of bone meal, oyster shell meal, or other calcium supplement in the hole. Take care to let the soil dry out between waterings. As the plants grow, take off the lower leaves up to the first set of blossoms. This will prevent water from splashing on the leaves of your plant, which can cause disease. With indeterminate plants, take care to harvest your fruits often to keep your plant in production.

Aunt Ruby's German Green (80-95 day) – Indeterminate. Family heirloom from Ruby Arnold from Greeneville, TN. These large beefsteak tomatoes can weigh 1 lb or more. Sweet taste, ready to harvest when the fruit is yellow-green in color. Winner of the 2003 Heirloom Garden Taste Test.

Big Rainbow (80-90 day) - heirloom, indeterminate, large slicer; red, yellow and orange tie-dyed tomato; 1- 2 lbs, "tastes like salsa".

Canestrino - heirloom tomato from Portland Seedhouse, paste tomato, "they are out of this world just like from your Grandma's Italian kitchen".

Cherokee Purple (80 days) - old Cherokee heirloom, indeterminate, slicer, pre 1890 variety, deep purple-red color, old time tomato flavor.

Chocolate Cherry (70 days) - cherry tomato, indeterminate, dark wine colored tomato, great flavor, 1 inch fruit, can be picked ripe off the vine, or brought to ripen indoors, will produce until frost.

Costoluto Genovese (85 days) - old Italian heirloom from the 19th century, dual purpose slicer/paste tomato, ornamental fluted shape, flattened shape with deep ribbing, wonderful for paste.

Currant (65-75 days) - heirloom, Marisha's favorite cherry tomato for its vigor, taste, and ease of growing, extremely productive and disease resistant, smallest of all tomatoes, will self seed if allowed.

Galina (60 days) - heirloom, yellow cherry tomato type that Marisha thinks is better than Sungold because it won't split when the humidity increases in late summer. Beautiful, productive, and very tasty. This tomato will keep going strong until frost.

Grappoli d'Inverno (60-70 days) ~ Heirloom. Semi-determinate. These heirloom tomatoes from Italy are hung in ristras as their flavor transforms and deepens once dried. These tomatoes store well into the winter. The folks from Adaptive Seeds say that these dried tomatoes make the best pizza toppings in winter. The name means "bunches of winter" in Italian.

Hungarian Heart (85 days) - heirloom from Budapest Hungary @ 1900, reddish pink oxheart shaped fruit, large paste tomato, a crack resistant, hardy, meaty, tomato that can be used as a paste tomato or eaten fresh with old time flavor.

Jaunne Flamme (70 – 80 days) - French heirloom, medium sized, indeterminant, slicer type that is known for a fruity flavor, orange, good for drying or roasting, apricot colored fruit.

Marisha's Cherries (60 – 65 days) - early season, all purpose, easiest to grow, very disease resistant tasty tomato that Marisha has been saving the seed for over 10 years. This tomato produces like a cherry, but the fruit is about the size of a golf ball, a one sandwich tomato. Good for fresh eating or canning.

Polish Linguisa (75 days) - heirloom from eastern Europe brought to the United States by Polish gardeners in the 1800's, great sauce tomato, oblong shaped red fruit, sweet, productive, can also be eaten fresh.

Principe Borghese (70 - 75 days) – Determinant. This is an Italian heirloom tomato that is known for drying. The fruits are small and grape shaped with few seeds. The fruit has a rich tomato taste and can be used in sauce.