

# Big Oak Nursery's Guide to Cool Season Veggies

## BEANS



**Fava Beans** - 90-150 days, broad thick 8" pods, 5-6 large beans used green or dried. Plant is a strong, upright to 4' tall. This variety is most preferred and grown for market and home garden use. Can also be used as a winter cover crop.



**Garbanzo Beans** - 90-120 days. Productive, upright plants. Good seed size and superior canning quality. Can be planted both fall and spring seasons.



**Snap Pea** - Super Sugar Snap - 66 days, 4-6' vine, 3" edible pods. This variety has improved disease tolerance and earlier harvest. Edible pods are sweet and crunchy. Vines tolerate heat. Use fresh with dip or in salads, great stir-fried or lightly cooked.



**Chinese Snow Pea** - Oregon Sugar Pod II - 55-60 days, productive bush type, up to 30" vine with edible 4" pods. Noted for mild sweet flavor. Good quality disease resistant.



**Southern Pea** - California Black Eye - 75-95 days. Southern favorite for commercial or home garden use. 7-8" pods filled with large tender peas of distinctive flavor. Resistant to nematode, wilt, and other diseases.

## LEAFY GREENS



**Kale** - Red Russian - 60 days, 2.5-3' tall. Lightly crinkled oak like leaves with unusual purple venation. Flavor best before frost. Attractive specialty greens.



**Kale** - Lacinato - 62 days, 2-3' tall. 18th century heirloom prized by gourmet chefs for its delicious flavor enhanced by frost. Also known as Dinosaur kale and Black Tuscan kale.



**Kale** - Vates Blue Curled - 65 days. Excellent for home gardens. Plants are low growing to 14" with large, tightly curled, dark blueish green leaves. Slow bolting and cold hardy.



**Lettuce Butterhead** - Buttercrunch - 67 days, 9-15" tall. A highly refined, long standing Bibb type with medium sized dark green heads. Smooth, soft, tender leaves with creamy yellow hearts. Slow bolting and heat resistant. All American selections winner 1963.



**Lettuce - Head** - Great Lake - 75-80 days. Medium dark green. Very good butt solidity. Resistant to bolting and tipburn.



**Lettuce - Romaine Type** - Parris Island - 70 days, widely adapted romaine type with very uniform 7-9" heads. Medium slow bolting, dark grayish-green leaves and a strong midrib.



**Lettuce - Looseleaf** - Mesclun Mix - Blend of 18 lettuces, endives, and chicories to make a salad mix. Has a wide variety of colors, textures, and flavors. Start harvesting 4-6 weeks.



**Lettuce - Looseleaf** - Salad Bowl - 45 days. Medium slow bolting. Oak leaf type light green leaves are deeply notched and curled. Distinctive and high quality home variety.



**Collards** - Vates strain - 75 days, 18-24". A leading variety for fresh market, home gardens, and processing. Good yields of large dark green leaves. Over winters well, and resists bolting in the spring.



**Spinach** - Very cold hardy. Harvest young for tender leaves. Use in salads and cooking.



**Swiss Chard** - Rainbow/Northern Lights - 60 days. Beautiful blend of red, pink, yellow, and white shades. Can also be used for 'baby' salad greens. Milder taste than common chard.

## CRUCIFEROUS (FLOWER HEAD) VEGETABLES



**Broccoli** - Waltham 29 - 75 days. Compact plants produce medium to large heads of uniform dark blue-green color followed by a heavy crop of side shoots.



**Brussels Sprouts** - Long Island Improved - 90 days from transplant. Standard open pollinated variety for market and home garden use.



**Cabbage - Red Acre** - Early Red Cabbage - 75 days. Solid deep red heads hold fairly well without splitting. Round heads up to 6" diameter and up to 4 lbs. Plant spring, summer, fall.



**Cabbage - Chinese Monument** - 80 days. Hybrid Michihli type with tall bright green heads weighing 4-5 lbs. Fall-winter harvest. Stores well. Med. disease resistance.



**Cabbage - Savoy** - Testa de Ferro - 90 days. Large, nearly round, deep green heads with finely curled and crinkled leaves. Good keeper. Plant summer and fall.



**Cauliflower** - Snowball Improved - 70 days. Medium-large plants with good foliage protection. Produces 6-6.5" smooth, rounded, white heads. Good for fresh market or freezing.



**Cauliflower** - Veronica - 85 days. 7" heads are formed from clusters of swirling spires. Somewhat nuttier cross between broccoli and cauliflower. Great raw or cooked.



**Cauliflower** - Cheddar - 65 days. Orange, stays true to color when cooked. Heads get about 4-7" wide. High in beta carotene.

## ASIAN VEGETABLES



**Mustard - Mizuna** - 40 days. Unique Japanese mustard producing a rosette of dozens of pencil thin, white stalks with deeply cut, fringed leaves. Mild flavor, regrows after cutting. Cooks like spinach, mild and tasty, used in salads.



**Mustard - Red Giant** - 45 days. Popular red mustard from Japan with large, purple-tinted leaves and mild mustard flavor.



**Pak Choi - Mei Qing Choi** - 40-50 days. Vigorous and uniform. Slow bolting, excellent eating quality. Used for stir-fries, soups, and baby greens.



**Pak Choi - White - Bok Choi** - 40-50 days. Home garden variety with broad stalks and glossy green spoon shaped leaves. Crisp texture with mild cabbage or spinach flavor.

## HERBS



**Arugula** - 40-45 days. 6-12" tall, 2-3' after bolting. Easy to grow, harvested for its strong distinctive flavored leaves. Used primarily in salads. May be cooked. Pick young leaves, combine with other greens.



**Oregano** - 90 days. 2.5' tall. Hardy perennial with oval leaves and purplish flowers. Used in Italian dishes for meats, etc.



**Chives** - 80 days. 12-18" tall. A hardy perennial in the onion family that grows in clumps of thin, delicately onion flavored leaves. Cut leaves for flavoring soups and salads.



**Coriander - Cilantro** - 50 days. Quick growing annual to 2.5' tall. Pungent leaves, seeds used for flavoring meats, pickles, etc.



**Dill** - 70 days. 2' tall. Warm season annual, not too hot, not too cold, will reseed. Feathery light foliage and parasol shaped clusters of yellow flowers attract butterflies. Used to flavor pickles.



**Fennel** - 60-90 days. 3' tall. Grown as an annual for its broad stalks and bulbous base, feathery foliage. The sweet, anise flavored bulb and seeds are used as a seasoning, stalks used in salads.



**Sage** - 75 days. Grows to 2' tall. Highly fragrant perennial with soft gray-green foliage and blue flowers which attract bees to the garden. Leaves used to flavor meats, soups, etc. Also popular as a Chinese tea.



**Thyme** - Common - 85 days. 12" tall. Most popular and prolific variety. Hardy perennial with small flowers. Fragrant leaves and sprigs are used to compliment meats, soups, etc.

## ONION TYPES



**Leek** - Large American Flag - 120-150 days. 15-18" plants with bluish green leaves. Stems up to 1.5" thick and 7-10" long blanching to clear white. Very hardy, full sized variety with a fine, mild flavor.



**Onion** - Red Burger Master - 172 days. Early, deep red, flat and sweet for fresh market. Productive and resistant to bolting, with good tolerance to Pink Root. Sometimes referred to as California Red.



**Onion** - Walla Walla - 180 days. Prized for its exceptionally mild and delicious flavor. Adapted to either fall or early spring planting. Flattened globe shaped bulb has yellow skin with white flesh.



**Onion** - Bunching Evergreen - 65-90 days. Long slender stalk with little or no bulbing. True bunching type that is tender and mildly pungent. Resistant to thrips, Smut, and Pink Root. Extremely winter hardy.



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