

# Jenny's Edibles & Blooms 2014

## HERBS & GREENS

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### Arugula



At maturity the long, dark green, lobed leaves form a loose, open bunch. Easy to grow, baby or full size. Cut just what you need for the next meal; each leaf that is severed stimulates production of more foliage, so a single plant can keep producing over a long season. And the flavor is so delectable when the leaves are young and tender -- peppery and mustardy, with a palate-cleansing zing.

### Arugula Rucola Selvatica



This is the authentic, wild Italian HEIRLOOM arugula. It is also known as Wall Rocket, Roquette Sauvage and Wild Rocket. It is sharper and more pungent in both flavor and aroma than the standard cultivated arugula. If you like spicy foods, this flavorful green will add a distinctive aroma and peppery zest to your culinary efforts. It also is slower growing than standard arugula (50 versus 38 days), so you can extend your arugula harvest with these tender greens. For its finale, it produces an abundance of pretty yellow flowers before going to seed.

### Gecofure Basil



Gecofure stands for GENovese COMPatto FUSarium RESistant. It is an Italian strain, widely regarded as the best for pesto and garlic-flavored dishes. The compact habit of Gecofure makes it well suited to both the garden and a container garden.

### Italian Large Leaf Basil



This Genovese-type basil is the classic large leaf variety. Medium-dark green leaves up are to 4 inches long and, compared to Genovese, the scent and taste are sweeter. Perfect for pesto! Plants reach 18-24 inches tall and are slow to bolt.

### Lime Basil



Adds a unique citrus flair to salsas, salads, dressings, or as a marinade for chicken or fish. Compact plant has 2" long, bright green lance-shaped leaves. A snappy addition to mixed borders and also perfect for containers. Just one brush of the leaves releases an invigorating lime scent that will permeate the air in seconds!

### Soloist Chinese Cabbage



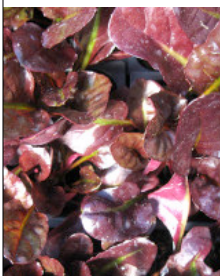
Cute and delicious! Soloist is a baby Chinese cabbage bred for harvesting summer through fall. These tender and sweet 1-1/2 to 2 pound oval heads have attractive bright yellow internal color, elegant green and white wrappers and mild, delicious flavor. They are just the right size for Asian inspired dishes without the leftovers. Soloist is a quick to mature and a heat tolerant variety that can be planted densely and forms heads even under high temperatures.

### Bright Lights Swiss Chard



A 1998 All-America Award Winner. Bright Lights is almost neon in appearance and was the talk of our trial gardens. The leaves are green, moderately savoyed with veins of vibrant color, red, orange, or yellow running through them. The contrast is outstanding. Use young raw leaves in a salad (30 days) or briefly cook mature leaves.

### Prima Rosa Swiss Chard



A visual feast! A delicious ornamental that is garnet colored in the early stage and turns a deep crimson as it matures. Harvest at the baby leaf stage in just 25 days for colorful salads or let it continue to mature and enjoy a tender more traditional chard. Delicious in salads, stir fried, as steamed greens, or a spinach substitute. Stalks can be even be eaten like celery.

### Garlic Chives



A hardy perennial with a delicate flavor blend between onion and garlic. The flat, tender, dark green leaves are delicious in salads, spreads, stir fries and flavored vinegars. Attractive edible white flowers midsummer. The budded flower stalks are sold as "Gow Choy" in Chinese grocery stores. Seedlings will slowly establish themselves the first season. However, once established, plants will reward you years to come with perpetual harvests.

### Large Leaf Cilantro



A special variety that is bred to maximize foliage production and not bolt. In trials, this variety produced three times the yield of regular cilantro over a much longer period. It is often used in combination with tomatillo, tomatoes, and chiles, creating unforgettable sauces. It is also known as Mexican parsley or Chinese parsley.



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### Fernleaf Dill



All America Winner for 1992 bred by the Burpee Co. The objective was to diminish the plant size so that it could be grown in containers and the smallest of gardens. A welcome addition to salads and it is a lovely ornamental plant with its yellow flowers, deep green foliage, and compact growth habit.

### Florence Fennel



Bulbing fennel, known as both Florence Fennel and Fennocchio, deserves a home in every garden. Not only do these aromatic bulbs make a sweet and mildly-flavored gourmet treat, but they're also beautiful. The feathery leaves will dance in your garden. Raw, chopped fennel adds a celery-like crunch and mild anise flavor to salads, or fennel can be cooked or grilled until meltingly delicious. The leaves are as delicious as the bulb!

### Freckles Lettuce



HEIRLOOM An unique, bright green romaine with crimson splashes. Upright growth, early coloring, and crisp texture make this an excellent choice for both baby leaf and full-sized heads. Heat tolerant and very slow to turn bitter.

### John Scheeper's Baby Leaf Salad Mixture



For a spicy tang and wonderful leaf textures, this incredible mix includes Arugula, Wrinkled Crinkled Crumpled Cress and Très Fine Maraichère endive. For curl, the mix boasts the rich red of Lolla Rossa and dark acid green of Tango Lettuce. The mix is brought to perfection with dependable Red Salad Bowl, unique Oakleaf, buttery Rouge Grenobloise and Little Gem baby romaine.

### Red Russian Kale



HEIRLOOM. This delicious grey-green kale is captivating enough to plant among the flowers. Much larger than regular kale (2 to 3' tall), the stems are purplish and the leaves are shaped like big oak leaves and colored a velvety gray green. The large leaves remain exquisitely tender. The purple colors become richer after frost, when the flavor becomes even sweeter! A great flavor for salads and light cooking.

### White Russian Kale



A sister of Red Russian, this variety has the same moderately dissected and frilled leaves, but with white and green mid-veins. From a flavor standpoint, this pale Siberian variety brings tender-sweet flavor to either early gourmet baby greens or mature full-sized leaves. Very cold-hardy, most moisture-tolerant.

### Mint



Easy to grow, and dependable perennial. Given its inherent desire to thrive, many prefer containers for their mint. No matter the location, this zesty, aromatic and versatile herb is an essential ingredient of any herb garden.

### Bloody Mary Mustard



Harvested at the baby leaf stage, Bloody Mary Mustard has dark reddish-purple oval leaves with stand out light green stems. The "greens" will add a mellow pungent flavor along with a striking visual contrast to a garden salad or mixed into a grain or pasta dish.

### Red Giant India Mustard



Fast maturing HEIRLOOM. Beautiful, savoyed, dark red leaves are highlighted by the light green undersides. The piquancy of young leaves invigorates salads and sandwiches, while the mature leaves lend themselves well to steaming or stir-fry.

### Orach Rose



HEIRLOOM. Orach is also known as butter leaves or mountain spinach and is indeed an excellent spinach substitute. The striking plants will eventually grow to 4 feet in height but you can begin harvesting the leaves when the plant is very young. The most tender leaves are available before the height exceeds 18 inches. The fully mature plant is very ornamental and truly lovely! Orach is primarily used in salads but can also be cooked as you would spinach.

### Greek Oregano



Wildly aromatic perennial with low-growing spreading habit just 6 to 8 inches tall. The pungent dull green leaves exhibit some purpling at the tips with white flowers. Lends the classic flavor to your Italian, Mexican & Greek culinary endeavors.

### Pine Tree Lettuce Mix



A uniquely American Mesclun mix - all leaf lettuces and all sweet varieties. You get a variety of colors, textures, tastes and maturation times from the same planting. This mix includes: Green Ice, Black Seeded Simpson, Simpson Elite, Red Velvet, Midnight Ruffles, Red Deer's Tongue, Green Deer's Tongue, Matina Sweet, Butter-crunch, May Queen, and All Year Round.

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### Purple Pak Choi



A quick- and easy-growing Asian Green, with a tangy-sweet yet delicate flavor and big crunch. These pretty little plants have a distinctive "vase" shape with attractive dark purple leaves and green petioles. It is as stunning in the garden as on the plate and palate.

### Flat Leaf Parsley



Also called Italian parsley, its uses are similar to the curly variety but the flavor is a bit stronger & the nutrient count higher. Harvest it as needed, but fairly regularly so that the plants keep sprouting new stems.

### Red Shiso Herb



Striking ornamental Asian herb with dark purplish-red curly leaves. Flavor is spicy though difficult to describe - ranging from cinnamon and clove, to coriander, to basil with a citrus flare. Really? You decide. Leaves are used fresh to season fish and as a wrap for almost anything. Flowering shoots are fried in tempura and used in soups. The seeds are ground and are one of the "seven spices".

### Little Gem Baby Romaine



Also known as "Sucrine," this favorite English HEIRLOOM has tightly wrapped, bright green leaves surround a creamy yellow heart. As a miniature and quick-maturing romaine variety, Little Gem is ideal for small gardens and even containers. The sugary, nutty flavor and crunchy texture of these four to six inch heads are second to none. Because of the compact heads, you can plant Little Gem closer together for a larger yield than other varieties. Harvest just above ground level using a knife; it may produce more Little Gems!

### Red Romaine Lettuce



Prized by specialty markets, Red Romaine offers a beautiful floret of white veined, deep maroon leaves flecked with green. This crisp, hardy and flavorful lettuce will bring color and zest to your salads.

### Tom Thumb Lettuce



This variety actually produces a full butterhead in a relatively short period of time. Six to seven inch heads have firm structure and compact habit. Leaves are dark green and the entire head will make a large salad for one. Can be grown 2 to 4 heads per square foot.

### Malabar Spinach



The thick, dark green leaves of this edible, heat-loving ornamental provide tasty greens throughout the summer, when traditional spinach will not grow. The plants sport scarlet stems that contrast beautifully with the thick, deep green broad leaves. Many people grow Malabar for purely ornamental purposes, but there's plenty of good eating on this productive plant! If well trained, these attractive plants reach 6 feet or more on a bean tower or trellis. The large, meaty leaves are remarkably spinach-like in flavor and are equally good cooked or fresh.

### Space Spinach



Leaves are spoon-shaped and not at all savoyed for ease of cleaning. Color is a pleasant dark green and the flavor is excellent. With a high percentage of female plants, it is very resistant to bolting. In both US & Dutch trials, Space was the highest yielder, primarily due to the long season over which harvest was possible.

### Ultimate Salad Bowl



This salad mix from Hudson Valley Seed Library is bursting with shape, color and flavor! Includes a variety of their lettuces, mustards, herbs, arugulas, brassicas (such as tatsoi and mizuna), and radicchios. The perfect combination for your summer salad bowl.

### French Thyme



Forms a pretty, low-growing, 12-inch shrub whose cascading stems of tiny gray-green leaves are a focus in any herb garden and indispensable in the kitchen. A strongly aromatic and flavorful evergreen that, once established, tolerates drought very well and requires little care. Honeybees love the white flowers.