

Jenny's Edibles & Blooms 2016

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.

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.

Genovese Basil



The classic Italian HEIRLOOM with extremely tender, fragrant, large, brilliant green, intensely aromatic leaves. It is slow to bolt, so you can expect a full season harvest. A favorite among chefs and a go-to variety for pesto making and "insalata caprese." Genovese, when compared to other basil, has less of a tendency to become bitter after long, slow periods of cooking. Slightly more aroma and potency than Sweet Basil.

Holy Basil



This herb, revered both in the Hindu religion and Ayurvedic tradition, is also known as 'sacred basil' or 'Tulsi.' As a culinary herb in Thailand, it is called 'Kaphrao.' Referred to by many as the Elixir of Life. Around the globe it is widely used in spiritual ceremonies, culinary endeavors and restorative teas. Holy Basil is renowned for its medicinal properties, performing as an adaptogenic, antioxidant, expectorant, anti-inflammatory, immune stimulant and aid to digestive health. This highly fragrant plant, with a spicy scent of clove, lemon and cinnamon, has purple stems, fuzzy leaves and flowers loved by bees. If you have not tried Holy Basil before, do not expect the same flavor profile as Genovese, but do expect to be in for a treat!

Jenny's Basil Blend



This unique blend will provide exquisite culinary delights for your kitchen, color and form for your flower beds, and scents to cherish. Includes: Lemon Basil, Lime Basil, Thai Basil, Amethyst Basil, Cinnamon Basil, Genovese Basil, Red Rubin Basil, and Sweet Basil.

Lemon Basil



Zesty and versatile! This native of Thailand is a true culinary delight. The lemony aroma and flavor is a wonderful add to salads, sauces, stir fries, and marinades for the grill. You can also capitalize on the scents by incorporating the leaves into teas and potpourris or adding flowering stalks to bouquets for a wonderful lemony fragrance. Uses are limited only by your imagination.

Osmín Basil



A beautiful and fragrant ornamental for your pots, beds or kitchen garden with widespread culinary uses. The darkest of the purple basil, Osmín has smaller sweetly scented leaves, a sturdier growth habit with beautiful pink flowers and excellent flavor. A versatile basil for colorful and flavorful pesto, vinaigrette, salad and pasta.

Red Lettuce Leaf Basil



Aromatic, ruffled, colorful and colossal, reddish-purple-green leaves on a semi-compact plant have a deliciously vibrant flavor. Not only adds pizzazz to salads, salsas and pestos, but mammoth leaves make for exceptional wraps.

Sweet Basil



Sweet Basil is the heaviest-yielding variety, recommended for drying, all-around great eating, and large-scale pesto production.

Thai Basil



Edible and ornamental, this sweet basil has gorgeous petite green leaves and vivid dark purple stems and blossoms. This aromatic cultivar, with notes of cloves and anise, offset by hints of mint and citrus, adds tremendous flavor to any Asian-inspired dish.

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Upland Cress



Also called Winter Cress, or Creasy Greens in the South, Upland Cress is an easy-to-grow, cut-and-grow again crop. The plant grows to about 4- to 6-inches tall with peppery and pungent leaves akin to watercress. Harvest at any stage from microgreens to full maturity. Leaves, shoots, and flower buds are all delicious. Very slow to bolt, cold tolerant and long standing.

Chives



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.

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.

Dukat Strain Dill



Dukat stands 30 inches tall, is a much leafier strain and slower to bolt than other dills. The high essential oil content makes it one of the sweetest dills and best varieties for fresh leaf production. Use leaves fresh, dried or frozen in oil with your favorite veggies, dressings, sauces, aiolis and stews. Save the seeds and stalks for pickles!

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.

Dwarf Siberian Kale



This robust, easy to grow, Russian HEIRLOOM boasts slightly frilled, rich, blue-green leaves. The plants grow to a maximum height of 16 inches, making them perfect for small spaces and containers. A versatile performer. Excellent choice for raw salads, sandwiches, steamed or in a stir fry.

Lambsquarter Magenta Spreen



A beautiful wild edible related to spinach with fresh, tangy, nutty flavor, striking soft green leaves and a splash of hot magenta-pink at the top of each stem. Beautiful for microgreens and salads, and delicious steamed or added to your green smoothies. Reseeds easily.

Merveille des Quatre Saisons Lettuce



This French HEIRLOOM, "Marvel of the Seasons," is an extended season lettuce that even does great in the summer heat. With a signature butter-head shape, rich magenta and ruby-tipped outside leaves move toward a self-blanching, apple-green interior. A beautiful, crisp and tender addition to your plate.

Mexican Tarragon



With sweet, anise-like flavor and aromatic leaves, this herbaceous, half-hardy, perennial of the Marigold family is commonly used as a substitute for the more difficult-to-grow French tarragon. Substitute in equal portions in your favorite recipes. The golden yellow flowers that provide show-stopping color in late summer/early autumn are also edible and ideal for brightening up salads and desserts.

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.

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Green Wave Mustard



Green wave is a must for those with a pungent loving palette. This All American Selections winner is a reliable workhorse, excellent producer, and the slowest to bolt of the mustard greens. The heavily curled, frilly, bright green leaves can be harvested as babies to add a great kick to salads or allowed to mature for fuller thicker leaves.

Hirayama Kai Choi Mustard



Hailing from the Hawaiian island of Molokai, this little plant packs quite a punch. If you have an affinity for mustard greens, this one is sure to tantalize your palette. Like a mild horseradish, the flavor grows more pungent as the plant matures. Will add a zip to your stir-fries, rice dishes, soups, and salads.

Jenny's Mustard Mix



We love mustard greens! This is a unique blend of some of our personal favorites. Mix includes: Bloody Mary, Green Wave, Ruby Streaks, Hirayama Kai Choi, Red Giant India Mustard, and Komatsuna Mustard Spinach. An array of spicy flavors, color, and shapes to jazz up your garden and your culinary endeavors.

Komatsuna Mustard Spinach



Tremendously bolt-resistant Asian brassica. Anticipate harvesting leaves from these three foot plants from June to October. Flavor is mild and sweet with just a touch of zesty pungency. Can be used like heading Chinese cabbages, and in lieu of milder mustards in soups & stir-fries or as a piquant addition to a salad.

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.

Ruby Streaks Mustard



Ornamental and edible, this plant will light up a container or add an amazing splash of color to any landscape. Deeply serrated fringing baby leaves are purple-red and pack a zingy peppery flavor that gets bolder with age. Great to plant along with other baby greens to add some flare to a salad. Harvest at any stage from micro-size to full maturity. Slow to bolt.

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.

Papalo



This aromatic Mexican native can provide piquant, fresh greens for months. Long after your cilantro has bolted, your Papalo will be there for your next batch of salsa or guacamole. The flavor is distinctive, yet marvelously complex, lying somewhere between that of nasturtium flowers, lime, and cilantro. Once established, Papalo grows quickly and easily. If you are a cilantro aficionado, this is a must!

Prezzemola Gigante Parsley



Very large and meaty, dark green leaves with a remarkable flavor that is indispensable in the kitchen. This cultivar is quite a bit sweeter than a standard Italian parsley and excels all season long as the leaves grow back strong after cutting.

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 sq. foot.

Abundant Bloomsdale Spinach



This open-pollinated variety is an improved savoyed-leaf spinach developed by the Organic Seed Alliance in partnership with organic farmers. Substantial, succulent, deeply savoyed, dark green leaves are held atop the stems of this spinach with an upright growth habit. It is slow bolting, cold-hardy, high-yielding, with a sweet flavor and tender texture. Grow as a mature spinach plant. Perhaps an heirloom of the future.

Stevia



Looking for a wholesome alternative to processed sugar? Grow this calorie-free, carbohydrate-free, low-glycemic sweetener in your garden. Thirty times sweeter than sugar cane, a few stevia leaves go a long way. Can be used fresh to sweeten drinks and smoothies, as you would a bay leaf to sweeten dishes while they cook, or dried and ground to be sprinkled like a sugar. You can even extract the oil! Leaves are sweetest just before the plant flowers in late summer to fall. A single, bushy 18- to 30-inch plant yields up to a 1/2 pound of dried leaf. Plenty to satisfy your sweet tooth through the winter!

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Orange Fantasia Swiss Chard



Another gorgeous new chard that not only has great baby leaves for salads, but also holds its color when cooked. The stalks are a brilliant orange while leaves are a light icy green and heavily savoyed. The 18-inch plants are a colorful highlight to any garden.

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.

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.

English Thyme



A mainstay of any self-respecting herb garden and a staple among chefs. This low-growing and dense, woody perennial has delicate, evergreen, gray-green ovoid leaves of a strong earthy flavor. If allowed to go to flower, the purpley-white flowers are edible too, and the bees love it!

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.