

## **Tasty Heirlooms: Amazing Vegetable You Simply Must Grow!**

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### **Criteria for Selection**

- Grows well in our climate. Hardy, short season.
- Produces reliably and abundantly. Yield matches space, time, inputs.
- Tastes great, versatile in the kitchen and pantry.
- Heirloom, open pollinated. Available, easy to find.
- Easy to grow.
- Pest and disease resistant.
- Grows well in small spaces. Containers, vertically.
- Bonus points for perennial.

### **Basics of Veggie Growing**

Vegetables require 8 hours of sun and fertile, well-drained soil. Lettuces and kale can tolerate some shade.

Warm season crops will do better with more than 8 hours of sun. Harden-off seedlings before transplanting.

Water consistently giving each plant 1-2 gallons of water per week.

Most vegetables can be grown in containers at least 12 inches deep and 12 inches in diameter. The bigger and deeper the container, the better. Use 4 parts commercial potting soil and 1 part compost.

Amend garden soil with 2 inches of compost in the spring.

Fertilize with liquid fertilizer every 2-4 weeks in spring. Side dress with dry fertilizer in the summer.

### **Cool Season Vegetables**

- Sow indoors to transplant in February and March.  
    Transplant kale and lettuce to garden 4 to 6 weeks after sowing.  
    Transplant onions mid-March through April
- These cool season vegetables can be sown again starting in late June to mid-July for a fall and winter harvest.
- To overwinter many of these varieties, sow early to mid September so plants are tiny as they go through the winter.

#### **1. Lettuce**

Flashy Trout's Back -speckled romaine

Australian Yellow -leaf

Marshall -dark romaine

#### **2. Kale**

Dazzling Blue Kale

Sprouting Broccoli

**3. Onions**

Bunching Onions

Evergreen, Heshiko, Evergreen White Nebuka, Ishikura Improved

Welsh Onion

**4. Greens**

Mache (Corn Salad)

Ruby Streaks Mustard

**Warm Season Vegetables**

- Sow indoors to transplant from late February through late March.
- Transplant under cloche late May to early June.

**5. Tomatoes**

Chadwick's Cherry (ind)

Gill's All-purpose (sd) or Burbank (sd)

Glacier (d)

**6. Tomatillo**

Ground Cherries

Aunt Molly's, Pineapple

**7. Cucumbers**

Mouse Melon or Mexican Sour Gherkin

Double Yield, pickling

**8. Summer Squash**

Tromboncino

**9. Beans**

Malibu Pole, snap

Runner Beans

**Herbs**

- These perennial herbs are hardy, long-lasting and delicious.
- These are typically grown from starts purchased at a garden store or nursery.

**10. Sweet Bay Laurel** *Laurus nobilis*

Not English or Cherry Laurel *Prunus laurocerasus*

**11. Mediterranean favorites**

Sage, Rosemary, Thyme and Parsley

## 12. Salad Burnet *Sanguisorba minor*

### **Edible Flowers**

- Beautiful and delicious, these three are beloved by people and pollinators.
- Half-hardy fruit sages can overwinter during a mild year.
- Self-sowing annual flowers are dependable and easy to control.

## 13. Fruit Sage *Salvia elegans*

Tangerine, pineapple

## 14. Nigella or Love-in-a-Mist *Nigella damascena*

## 15. Calendula *Calendula officinalis*

### **Resources**

The Garden Hotline (206) 633-0224 <http://gardenhotline.org/question/>

### **Books**

*Maritime Northwest Garden Guide, 2<sup>nd</sup> Ed.* by Lisa Taylor, 2014.

*Your Farm in the City, An Urban Dwellers Guide to Growing Food and Raising Animals* by Lisa Taylor, 2011.

*Growing Vegetables West of the Cascades* by Steve Solomon, 2007.

*Living with Wildlife in the Pacific Northwest* by Russell Link, 2004.

*Winter Gardening in the Maritime Northwest* by Binda Colebrook, 2013.

*Cool Season Gardener* by Bill Thorness, 2013.

### **Seed Houses That Offer Heirloom Varieties**

**Adaptive Seeds** [adaptiveseeds.com](http://adaptiveseeds.com)

**Deep Harvest Seeds** [deepharvestfarm.com](http://deepharvestfarm.com)

**Fedco Seeds** [fedcoseeds.com](http://fedcoseeds.com)

**Johnny's Selected Seeds** [johnnyseeds.com](http://johnnyseeds.com)

**Kitazawa Seed Co.** [kitazawaseed.com](http://kitazawaseed.com)

**Peace Seeds** [peaceseedslive.blogspot.com](http://peaceseedslive.blogspot.com)

**Seed Savers Exchange** [seedsavers.org](http://seedsavers.org)

**Territorial Seed Company** [territorialseed.com](http://territorialseed.com)

**Uprising Seeds** [uprisingorganics.com](http://uprisingorganics.com)

### **Supplies**

A. M. Leonard, Horticulture Tool Supply Co., Piqua, OH, [www.amleo.com](http://www.amleo.com)

Grower's Supply Co., Iowa & Connecticut (800) 457-8887,

[www.growerssupply.com](http://www.growerssupply.com)

Charlie's Greenhouse and Garden, Mt Vernon, WA,

(800) 322-4707, [www.charleysgh.com](http://www.charleysgh.com)

Lee Valley Tools, (800) 871-8158, [www.leevalley.com](http://www.leevalley.com)

OBC Northwest Inc., Greenhouse and Garden Supplies, Canby OR,  
(800) 477-4744 [www.obcnw.com](http://www.obcnw.com)

Peaceful Valley Farm Supply, Grass Valley, CA, (888) 784-1722,  
[www.GrowOrganic.com](http://www.GrowOrganic.com)

Walt's Organic Fertilizer, Seattle, WA, (206) 297-9092, [www.waltsorganic.com](http://www.waltsorganic.com)

Cedar Grove Compost, Seattle area (877) 764- 5748 <https://cedar-grove.com/>