

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, 2nd 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

Deep Harvest Seeds deepharvestfarm.com

Fedco Seeds fedcoseeds.com

Johnny's Selected Seeds johnnyseeds.com

Kitazawa Seed Co. kitazawaseed.com

Peace Seeds peaceseedslive.blogspot.com

Seed Savers Exchange seedsavers.org

Territorial Seed Company territorialseed.com

Uprising Seeds uprisingorganics.com

Supplies

A. M. Leonard, Horticulture Tool Supply Co., Piqua, OH, www.amleo.com

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

www.growerssupply.com

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

(800) 322-4707, www.charleysgh.com

Lee Valley Tools, (800) 871-8158, www.leevalley.com

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

Peaceful Valley Farm Supply, Grass Valley, CA, (888) 784-1722,
www.GrowOrganic.com

Walt's Organic Fertilizer, Seattle, WA, (206) 297-9092, www.waltsorganic.com

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