

## Variety Guide: Seeds 2023

### Garden Planning Chart

Crop	Variety	Days to Harvest	Days Between Successions	Best Time to Sow											
				Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Arugula	Astro	21/40	14-21												
Arugula	Runaway	21/40	14-21												
Beans	Provider	50	14-21												
Beans	Python	80	14-21												
Beans	Royal Burgundy	55	14-21												
Beets	Chioggia	55	14												
Beets	Touchstone Gold	55	14												
Beets	Zeppo	50	14												
Beets	Boro	15	14												
Carrots	Dragon	70	21												
Carrots	Napoli	58	21												
Carrots	Romance	72	21												
Carrots	Gold Nugget	68	21												
Cilantro	Cruiser	50/130	14-21												
Dill	Hera	45/90	14-21												
Greens Mix	Elegance	21	14												
Lettuce Mix	Allstar	28	28												
Pea	Super Sugar Snap	61													
Pea	Avalanche	60													
Radish	Easter Egg II	30	14-21												
Radish	Crunchy King	23	14-21												
Radish	French Breakfast	21	14-21												
Spinach	Kolibri	29	7												
Spinach	Space	25	7												
Swiss Chard	Bright Lights	28/55													
Turnips	Hakurei	38													



### A note on where we source our seeds

We are fortunate to have a long-standing relationship with Johnny's Selected Seeds, an employee-owned company based out of Maine. All of the seeds we get in bulk to redistribute to you at Winter Meeting and many of the seeds we grow into seedlings come from Johnny's. They specialize in plant breeding (non-GMO), research, and seed production using both conventional and organic methods.

Johnny's has a wealth of helpful educational resources in their Grower's Library, and you can type variety names into the search bar on their website to find more growing information.

# BEANS

**Planting standard:** After last frost date, sow seeds about 2 inches apart, 1 inch deep. For a continuous supply, make successive sowings every 2-3 weeks through midsummer.

**Harvesting standard:** Harvest regularly to encourage new pod set.



## Provider

- A compact, reliable bush bean. Produces 5 ½ inch-long, fleshy, round pod green beans.
- CH SELECTION: The standard string bean. Earliest and easiest to grow,
- Provider is the most adaptable to varied growing conditions.



## Royal Burgundy

- The brilliant purple 5 inch pods add stunning color to salads when used raw.
- The pods turn green when cooked.



## Python

- Productive Asian specialty bean.
- Smooth, dark green, glossy pods with a refined look. A better producer than Gita, which it replaced, without sacrificing appearance or flavor.
- Stringless, sweet, and richly flavored for steaming and stir-fries. Vines bear attractive, waxy foliage.
- 16–20" long, slender pods. Brown seeds.
- Pole bean; requires trellising.

# BEETS

**Planting standard:** Sow 15 seeds/ft, ½ inch deep. Thin to 1 plant every 2 inches. For a continuous supply of greens and small tender beets, sow seed at 2-week intervals until 8 weeks before regular heavy frosts are expected.

**Harvesting standard:** Pry root from underneath before lifting plants, wash and hydrocool, and store bunches 10 days at 32°F



## Chioggia

- Medium-height tops are green with pink-striped stems. Excellent flavor.
- **CH SELECTION:** Beautiful beets sometimes called candy cane beets because of their unique red and white interior stripes.



## Touchstone Gold

- Smooth, golden roots with bright yellow flesh retain their color when cooked.
- Excellent, sweet flavor. Leaves and petioles are green.
- Best golden beet.



## Zeppo

- Carefully selected for smooth skin, a round shape, minimal root hairs, and a very fine taproot.
- A very smooth beet with compact plants.



## Boro

- Fast-maturing beet with strong tops.
- Tough, widely adapted, and reliable. Smooth, rich red skin and excellent flavor. Attractive, fine taproot. Big healthy tops. Stores well through the winter in proper conditions.
- **NEW TO CITY HARVEST**

# CARROTS

**Planting standard:** Sow from early spring to midsummer,  $\frac{3}{4}$  inches apart,  $\frac{1}{4}$ - $\frac{1}{2}$  inch deep, in 2 inch-wide band (about 16 pellets/ft.).

**Harvesting standard:** Carrots may be dug any time after they reach the desired size. Generally the best harvest period lasts about 3 weeks (longer in cool, fall weather), after which time the roots may crack or the taste and appearance may decline.



## Gold Nugget

- Gold Nugget's 5–7-inch deep yellow roots feature vigorous and attractive dark green tops
- Best yellow carrot



## Dragon

- Distinctive purple carrot.
- Well-known for its beautiful magenta-purple skin and broad, Chantenay-type shoulders. Slicing reveals contrasting orange internal color and yellow core. Internal color will vary.
- Very thin, smooth skin makes Dragon easier to wash and serve unpeeled than other purples. Roots hold well in the field.
- Tops are strong and vigorous in early growth to compete with weeds.
- Avg. 5–7" long.



## Romance

- Impressive flavor for a summer-harvested carrot.
- Deep orange roots average 6–7" long and have excellent uniformity, which means more marketable roots. Compared to Nelson, Romance has better, more well-rounded flavor; though, like Nelson, the flavor is consistently good across soil types. The roots are brighter orange after washing, and the tops are more vigorous. This full-season Nantes has a tapered root, rather than the true "cigar" shape of an early Nantes. Strong root attachment makes the medium-size, healthy tops great for bunching.



## Napoli

- Ideal for overwintering.
- A specialized variety with a sweet taste when sown in fall for winter harvest. In cold regions sow in the greenhouse. In mild regions sow outdoors in the open or protected with fabric row cover. Overwintered crops will take longer to reach maturity. Up to 7" long, bulky, semi-blunt roots with strong tops. Early Nantes type.

# GREENS



## Arugula: Astro

- Long, dark, lobed leaves are a standard for salad mix or bunching. The white flowers with dark pink veins are edible, and can be harvested as they appear. Sprinkle them over salads or add to vegetable stir-fries. Flavor is spicy and nutty.
- Sow 3-4 seeds every inch, 1/8-inch deep from early spring onward. Germination should take 5-7 days. For a continual supply, plant every 2-3 weeks.
- For bunching, cut just above soil level or clip baby leaves for cut-and-come-again.
- **CARE TIPS:** Keep soil moist to slow bolting.
- **CH SELECTION:** Best standard arugula. We recommended harvesting at baby size for salads.



## Arugula: Runaway

- New! Deeply lobed.
- The quick growth of salad arugula with the lobed appearance of wild arugula. Mild nutty/peppery flavor.
- **NEW TO CITY HARVEST**



## GREENS MIX: Elegance

- Colors range from dark- and bronze-red to bluish-green. The combination of flavors and textures makes this a beautiful salad. This mix includes bok choy, red mustard, mizuna, and leaf broccoli.
- Sow about 60 seeds/ft. in a 2–4 inch-wide band, lightly cover with soil and firm gently. Sow every 2 weeks for a continuous supply of tender, young, mixed greens.
- Begin harvesting in about 3 weeks by clipping with scissors; most plants in the mix will re-grow.
- **CH SELECTION:** Stunning colors. Great on its own or mixed with Allstar for a complete salad mix.



## LETTUCE MIX: Allstar

- Ruffled edges and unique leaf shapes provide loft, interesting texture, good shelf life, and fancy appearance. Includes green oakleaf, red oakleaf, green romaine, red romaine, lollo rossa, and red leaf lettuces.
- Gently shake the packet to mix the seeds. Tap the packet to sprinkle seeds about 60 seeds/ft. in a 2–4 inch-wide band, lightly cover with damp soil and firm gently.
- Begin harvesting in about 3 weeks by clipping with scissors; most plants in the mix will regrow.
- **CH SELECTION:** Our favorite lettuce mix. Great texture and shelf life.



## SPINACH: Space

- Medium-dark green leaves are upright and smooth to slightly savoyed. Tried and true variety for all seasons.
- Spinach germinates best in cool soil. Begin sowing in early spring as soon as the ground can be worked.
- For bunching and full size: sow 10 seeds/ft., 1/2 inch deep.
- Harvest spinach full size but before bolting, cutting just below root attachment for "rooted spinach", or cut higher for "clipped spinach".
- **CH SELECTION:** Can be sown and harvested even in the heat of the summer. Smooth leaves are excellent for a baby spinach salad.



### SPINACH: Kolibri

- Semi-savoy with strong downy mildew resistance for all seasons.
- Medium-dark green leaves. Fast regrowth for ample cut-and-come-again harvest.
- We have seen growers crop Kolibri intensively for baby-leaf production all season long.
- High resistance to downy mildew races 1–9, 12–15, 17 and intermediate resistance to races 10, 11.
- **NEW TO CITY HARVEST**



### SWISS CHARD: Bright Lights

- Lightly savoyed green or bronze leaves with stems of gold, pink, orange, purple, red, and white with bright and pastel variations.
- Sow beginning midspring and on into midsummer (fall if winter is mild). 6 seeds/ft., ½ inch deep. Thin to 4–6 inches apart for larger leaves.
- Clip mature leaves individually or clip young plants just above the soil for baby greens. New leaves will grow multiple harvests.
- **CH SELECTION:** Physically striking multicolored chard with great bolt resistance.

## HERBS



### CILANTRO: Cruiser

- Cruiser has a tidier, more upright plant habit and similar, excellent bolt resistance. Large leaves and sturdy stems make it an ideal bunching variety for fresh market sales.
- Direct seed spring through late summer. Sow 1-2 seeds per inch, ¼ - ½ inch deep in rows 12-18 inches apart.
- Leaves may be harvested once the plants have become established and before flowering begins. Mature seeds are produced about 3 months after planting and are harvested when dry on the plant.
- **CH SELECTION:** Upright plants make for easier and cleaner harvesting. Very slow to bolt.



### DILL: Hera

- Standard bunching dill.
- Plants have a uniform habit, are slow to bolt, and produce high yields of foliage.
- 40-50 to leaf harvest; 90-100 to seed

# PEAS

**Planting standard:** Plant the first sowing in early spring as soon as the soil can be worked. Sow 1-1½ inches apart in a 3 inch band (25 seeds/ft.), ½ -1 inch deep. **PLANTING TIP:** The best time to install a trellis is at planting time.

**Harvesting standard:** Harvest when peas enlarge in the pods



## Avalanche

- High-yielding snow pea.
- A versatile, dark green snow pea that can be picked at 3 3/4", or as small as 2 1/2", depending on your preference and market.
- Very productive with a nice, manageable plant habit. 1 to 2 pods per node.
- The 36", Vines produce few leaves but an abundance of tendrils for garnishes.
- High resistance to *Fusarium* wilt race 1.
- **NEW TO CITY HARVEST**



## Super Sugar Snap

- Early producer with resistance to powdery mildew and pea leaf roll virus, with 5-foot vines that require trellising.
- CH SELECTION: Excellent flavor and very adaptable to different growing conditions.

# RADISHES

**Planting standard:** Sow at any time during the season, beginning in early spring. Sow about  $\frac{3}{4}$  –1inch apart in 2–3 inch-wide bands, (about 35 seeds/ft.),  $\frac{1}{2}$  inch deep.

**Harvesting standard:** Harvest promptly to avoid pithiness, beginning at about 3-4 weeks when roots are the size of a large marble. Bunch or top, soak in cold water, and refrigerate.



## Easter Egg II

- Multicolor mix.
- Make beautiful bunches with this mix of red, purple, pink, and white round radishes.
- Maturing over an extended period of time, they stay crisp and mild even when large.
- Great fun for children and adults alike.



## French Breakfast

- A more refined French Breakfast type.
- Straight, candy red roots that resist pithiness better than other long French types.
- Good flavor for the type. Improved top strength.
- NOTE: For longer, straighter roots, sow 15–20% more seeds per row 1/2 to 1 cm deeper, and do not irrigate unless absolutely necessary.



## Crunchy King

- Even maturity and a long harvest window.
- Produces blemish-free red spheres with remarkably even maturity for consistently high pack-outs.
- Slower maturing than Rover, Crunchy King holds extra long in the field for a longer harvest window.
- Dense tops help inhibit weeds.
- [NEW TO CITY HARVEST](#)

# TURNIPS

**Planting standard:** Sow early spring through late summer in a 2-4 inch-wide band, seeds 1 inch apart (35 seeds/ft.) for small turnips or 2 inches apart (and half this rate) for larger turnips. Sow  $\frac{1}{4}$  -  $\frac{1}{2}$  inch deep.

**Harvesting standard:** Young, radish-size turnips in about 30 days, full size in 40-50 days. Roots are smoothest when small.



## Hakurei

- This white salad turnip sets the standard for flavor.
- The smooth flat-round, white roots mature early, just after radishes, and are best harvested young - up to 2 inch diameter. Eaten raw, the flavor is sweet and fruity, and the texture is crisp and tender. The dark green, hairless tops are useful raw or lightly cooked with the roots.
- CH SELECTION: The most amazing turnip. Sweet, crispy, and juicy. Delicious raw or cooked. Tops are less spiky than others and more tender.