

PHS city harvest

Variety Guide: MIDSUMMER 2023

Mid-summer Reminders

Harden Off Seedlings:

Seedlings typically come to you after weeks of being coddled in the ideal conditions of our greenhouses. "Hardening them off" is a step that can help prevent them from experiencing shock after transplanting that results in less vigor or even death.

To harden off seedlings, simply let them adjust to the outdoors in a semi-sheltered spot for a couple of days. This helps ease them in to conditions like direct sunlight and wind, as well as fluctuations in temperature and water. Planting them on a cloudy day or an evening can also help them adjust slowly.

Basil: Instead of cutting or tearing off individual leaves, cut the diagonal stems that come off the crux where the main stem and leaf meet. This slows bolting and allows for a better harvest. These can also be put in a cup of water to make harvested basil last longer before use.

Okra: Once it gets going okra will grow very fast. It's best to harvest the pods when they are 2-3 inches in length; otherwise they can become tough and woody. This may require you to harvest every other day. The spines on okra can be really irritating to the skin so we recommend wearing a long-sleeved shirt and gloves while harvesting.

Lettuce Heads: All of the lettuce heads in this distribution are "summer crisp" lettuces. We love these lettuces because they are sturdier than other lettuce varieties and have a tight, upright growth habit. They are more heat tolerant than other lettuces but keep an eye on them because they will still eventually bolt in the heat of the summer.

Squash, Cucumbers and Melons: To avoid pests and increase yields, inspect transplants for aphids & looper eggs, then cover Cucurbit seedlings with row cover or insect netting. Wait 10 days after you see the first flower appear and then uncover the plants.

Sweet Potatoes: The slips may appear to be in rough shape when they arrive but will recover and send out new growth as long as the stem is not completely rotted out. Try to plant them right away but if you need to hold off, wrap just the roots in a wet paper towel. Plant slips 12" apart and make sure the bottom 4-6" are buried in the soil.

Proactive Measures:

Consider taking your brassicas out two weeks before the next distribution if you are experiencing pest problems. The buffer will allow the population to subside before the next planting.

ANNUAL EDIBLE FLOWERS



Sweet Alyssum

- Attracts and supports beneficial insects.
- A good choice for beneficial planting in greenhouses and containers, in addition to outdoor production. Sprawling plants with dense clusters of small flowers.
- Attracts and provides a food source for beneficial insects such as lacewings, parasitic wasps, syrphid flies, and tachinid flies.



Marigold: Durango Outback Mix

- Extra-large blooms with outstanding uniformity.
- Highly branching plants. A good choice for packs, pots, and garden planting. Bloom size is 2-2 1/2". Attracts beneficial insects such as hoverflies. Also known as French marigold.
- Edible Flowers: Use the flowers to dress up salads and desserts or cooked in egg or rice dishes. Flavor is floral with hints of citrus and spice, and slightly bitter. Remove the petals from the flower base before consuming as the base can be quite bitter.



Marigold: Giant Yellow

- Large flower heads, avg. 3", sit atop sturdy plants.
- Prolific producers for cuts as well as excellent garden performers. Sturdy, uniform flower heads are also useful for marigold garlands. Also known as African marigold, American marigold, and Aztec marigold.
- Edible Flowers: Use the flowers to dress up salads and desserts or cooked in egg or rice dishes. Flavor is floral with hints of citrus and spice, and slightly bitter.

SWEET POTATO



Covington

- Days to maturity: 90
- Copper- and rose-colored skin with sweet, smooth, bright orange flesh.
- This uniform strain produces concentrated yields for easier harvest
- Produces a high proportion of ideal-sized roots for market.

HERBS



Basil: Genovese

- Days to maturity: 68
- A classic Italian variety with authentic flavor and appearance with large, dark-green leaves about 3 inches long.
- Tall and relatively slow to bolt.

OKRA



Clemson Spineless

- Days to maturity: 50
- Early, high-yielding, dark green pods.
- Very uniform pods with 5 points. Large, robust flowers are also edible. Makes a great ornamental in containers.
- Edible Flowers: Deep fry flowers or eat them stuffed, or use fresh as a striking, exotic-looking garnish. Sweet and mild flavor.

CUCUMBER



Marketmore 76

- Days to maturity: 58
- A popular variety that produces long, 8-9 inch, slender, dark green cucumbers, even under weather stress.
- Begins bearing late but picks for a relatively long time.
- Also has high resistance to disease.



Cucamelon -- Mexican Sour Gherkin

- Days to maturity: 67
- Cute, 1" long fruits look like miniature watermelons and taste like cucumbers with tangy citrus overtones.
- Trellising recommended.
- Can be eaten fresh or pickled.



Diva (Seedless)

- Days to maturity: 58
- Especially flavorful when harvested small.
- Diva's seedless, thin-skinned cukes are distinctly crisp, sweet, and bitter-free.
- Harvest at 5-7".
- High resistance to scab; and intermediate resistance to cucumber vein yellow virus and powdery mildew. AAS winner.

LETTUCE



Salanova Green Sweet Crisp

- Days to maturity: 50
- Bred by Johnny's
- Sweet flavor and crunchy, crisp, succulent leaves.
- Slow to bolt and resistant to pests, disease, and mildew.



Lettuce: Salanova Red Sweet Crisp

- Days to maturity: 55
- Sweet, almost romaine-like flavor, with a crisp, almost iceberg-like texture.
- Double red leaves with a very defined, three-dimensional shape.
- Large, heavy heads are slow to bolt.
- Strong performer with excellent disease resistance.



Lettuce: Salanova Red Batavia NEW TO CITY HARVEST

- Days to maturity: 56
- Compact and slow bolting.
- These heads put on excellent weight for a red variety while remaining compact and upright. Open-heading habit enables strong tipburn tolerance. Beautiful contrast of purplish coloration at leaf tips and deep, yet bright green color at the base. Leaves are semi-savoy and scalloped, lending to their nice texture and appearance. High resistance to downy mildew and currant/lettuce aphid, which is a new one on me.



Lettuce: Magenta

- Days to maturity: 48
- A red Summer Crisp with good flavor and shiny, slightly puckered, red-tinged leaves with a crispy green heart.
- Tolerant to bolting, tipburn, bottom rot, mildew, and disease.



Lettuce: Fusion

- Days to maturity: 55
- Slow bolting and upright with great flavor.
- Romaine x Green-leaf cross. Wavy leaves, like a green leaf, with the upright habit and flavor of a romaine; heads remain fully open through maturity.
- Dark green, heavy heads with a high leaf count.



Lettuce: Sunland

- Days to maturity: 56
- New! Heat-tolerant romaine for heads and hearts.
- Earlier and more compact than Sparx, with thicker, more savoyed leaves.
- Maintains straight ribs through maturity.
- High resistance to tomato bushy stunt virus; and intermediate resistance to corky root.

SUMMER SQUASH



Spineless Perfection

- Days to maturity: 45
- High-yielding, medium-green, straight fruits grow on a spineless, open plant which makes for easy harvesting.
- Disease resistances allow for a long harvest window.



Goldmine

- Days to maturity: 50
- Yellow zucchini with attractive stripes.
- Spineless, easy-to-harvest plant is a high-yielder of attractive, shiny yellow cylindrical fruits with white stripes and fresh-looking, green stems.



Safari

- Days to maturity: 50
- Green zucchini with attractive white stripes.
- A prolific yielder of attractive, glossy, cylindrical fruits that are easy to pick due to the nearly spineless plant.

MELONS



Watermelon: Sunshine

- Days to maturity: 75
- This superior yellow-flesh "icebox" melon produces a more flavorful, harvestable yield under adverse conditions.
- Attractive dark green skin with narrow, dark green stripes. The sweet, bright yellow flesh is concealed by a thin rind.
- Yields mostly oval fruit, with some rounds, avg. 8-10 lb. Avg. 1-2 fruits/plant.



Watermelon: Mini Love

- Days to maturity: 70
- Personal-sized, early, and delicious.
- Sweet and firm, oval-round fruits avg. 5-7 lb. Avg. 2-4 fruits/plant.
- Distinctive, bright green rind with dark green stripes and dense, bright red flesh. Very productive.



Muskmelon: Sarah's Choice

- Days to maturity: 76
- Flavorful cantaloupe with attractive oval fruits and ideal 3-lb. size.
- Harvest at full slip (when a gentle tug removes the fruit from the vine).
- Bred by Dr. Brent Loy of the University of New Hampshire.
- Intermediate resistance to Fusarium wilt races 0-2 and powdery mildew.

WINTER SQUASH



Honey Bear

- Days to maturity: 85
- Delicious small acorn. Just right for single servings when halved
- Semibush plant.
- Intermediate resistance to powdery mildew.



Honeynut

- Days to maturity: 110
- This distinctive dark tan mini butternut has a loyal following among customers, who often ask for it by name.
- Sweet enough to not need brown sugar or maple syrup.
- Honeynut is later-maturing, so plant early to achieve best tan coloration; if stored green, fruits will eventually ripen to tan in storage.



Squash: Autumn Delight

- Days to maturity: 80
- High-yielding classic acorn. Uniform fruit with rich, dark green skin.
- Strong powdery mildew tolerance.
- Semibush plants. Intermediate resistance to powdery mildew.
- Stores well for 2-3 months.