



# PHS Community Gardens

## Variety Guide: Direct Seeded Crops 2024

### Garden Planning Chart

Crop	Variety	Days to Harvest	Days Between Successions	Best Time to Sow												
				Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	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	Boldor	55	14													
Beets	Zeppo	50	14													
Beets	Boro	55	14													
Carrots	Dragon	70	21													
Carrots	Narvik	70	21													
Carrots	Mokum	36/54	21													
Carrots	Gold Nugget	68	21													
Cutting Celery	Nan Ling	85														
Cilantro	Cruiser	50/130	14-21													
Dill	Hera	45/90	14-21													
Greens Mix	Elegance	21	14													
Lettuce Mix	Allstar	28	28													
Nasturtium	Jewel Mix	55-65														
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													
Radish	Bacchus	24	14-21													
Spinach	Kolibri	29	7													
Spinach	Seaside	25	7													
Swiss Chard	Bright Lights	28/55														
Turnips	Hakurei	38	14-21													
Turnips	Purple Top	50														
Winter Radish	KN Bravo	49														
Winter Radish	Watermelon	50														



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# 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 1/2 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.

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# 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.



## Boldor

- Replacement for “Touchstone Gold”
- Smooth, golden roots with bright yellow flesh retain their color when cooked.
- Excellent, sweet flavor.
- Improved germination & seedling vigor.



## 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

- Smooth, rich red skin and excellent flavor. Attractive, fine taproot. Big healthy tops. Stores well through the winter in proper conditions.

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# Carrots

**Planting Standard:** Sow from early spring to midsummer,  $\frac{3}{4}$  inches apart,  $\frac{1}{4}$ – $\frac{1}{2}$  inch deep, in 2 inchwide 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.





## Narvik

- Nantes type.
- Midseason variety with excellent storage.
- Sweet dark orange roots, strong tops for bunching with and extended harvest window.



## Mokum

- Pencil type carrot.
- Best for early season sowing, resulting in early bunches.
- Notable sweetness for an early carrot that holds flavor even as Spring temperatures get warmer.

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# 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: Seaside

- Slow-bolting variety for spring and summer.
- Seaside has upright, dark green leaves, that are somewhat spade shaped. Stays small, which extends the baby leaf harvest window.

**CH SELECTION:** Can also be sown in late summer for fall and early winter harvests.



### 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.



### 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 mid-spring 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.



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# 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

## Cutting Celery: Nan Ling

- Asian-type leaf celery.
- About 20 days to germination, can begin cuttings at 60 days with full maturity at 85 days.
- Sow 1/8" deep about 10" apart. Can also be sowed similar to spinach/radishes for quicker thin leaf-type bunches.
- Plant in the warmer seasons when soil temperatures reach 65-75 degrees. Packed with nutrients, this beautiful green stock grows in warmer, rich soils and is hardy against frost.
- Once established, is a consistent producing herb throughout the season.





## Nasturtium: Jewel Mix

- These bright, 2" blooms of red, pink, orange, and yellow are held above light green foliage. Mounded plant habit. Also known as garden nasturtium and Indian cress.
- Edible Flower: Use the flowers as garnishes, or stuff with soft cheese. The flowers can be minced and added to butters and the immature seed heads can be pickled. Nasturtiums are a popular choice for adding color to salad mix. Peppery-flavored foliage is also edible.

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# 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



## Sugar Snap

- A household name for its sweet, crisp pods, Sugar Snap germinates well in cold, wet soil, and the vigorous plants quickly produce a thick stand that requires support.
- Requires trellising.

**CH SELECTION:** Excellent flavor and very adaptable to different growing conditions

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# Radishes

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

Winter radishes are best sown early to mid summer 2 inches apart.

**Harvest 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  $\frac{1}{2}$  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.





## Bacchus

- Rich purple color and strong performance in the field.
- The skin is a deeper shade of purple than Amethyst, which it replaced. It is also earlier, rounder in shape, and much more uniform. A truly stunning radish! Recommended for early spring and fall harvest; flavor becomes quite hot in the heat of summer.
- Over the years, we have found it is more resistant to become pithy, even when radishes get quite large, compared to other types.



## KN Bravo

- Sweet-flavored, attractive purple roots.
- KN-Bravo's internal color ranges from pale purple to white with purple streaks.
- Roots average 4–6" x 2 1/2–3" with good, sweet eating quality. Suitable for spring and summer sowings.
- Seen best performance as a late-season/winter radish.
- Very good storage.
- NOTE: This variety contains 5–10% white-rooted off types.



## Red Meat

- "Watermelon" radish for fresh eating and fermenting.
- Round radishes with unique, dark pink flesh. Harvest from 2–4". Large tops. Remarkably sweet, delicious taste.
- Thin to 4" apart.
- Stores until early spring in proper conditions.
- NOTE: For summer to fall sowing only; may bolt to seed from spring sowing.

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# 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 ¼ - ½ inch deep.

**Harvest 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.



## Purple Top White Globe

- The traditional American turnip.
- Selected strain of this popular Southern US variety.
- Smooth, round roots average 3-4" in diameter and are white below the soil line and bright purple above.
- Large, lobed greens are suitable for cooking.
- Tolerates moderate frost. Preferred late season turnip with exceptional sweetness after frost.