



Mid-Summer Reminders

Harden Off Seedlings: Seedlings typically come to you after weeks of being started 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 picking individual leaves, encourage branching by cutting at the second node (where main and auxiliary stems meet) and above throughout the season. 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 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 Melon: 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 pest population to subside before the next planting.

Annual 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.



Strawflower: Monstrosum Tall

- Large, brilliant flowers on tall, sturdy stems. Plants are taller and more robust than Sultane Mix, with wider (1 1/2–3") blooms in shades of gold, orange, magenta, pink, and rose.

Annual Flowers



Rudbeckia

- Densely branched, productive filler.
- Profuse blooms of adorable, 1 1/2– 2 1/2", bright yellow flowers with small, black/brown centers.
- Wiry, well-branched stems have few leaves, making this an excellent cut flower. Also serves as a filler or accent flower in bouquets.
- This native US wildflower tolerates most conditions, including drought, once established.



Zinnia: Benary's Giant Mix

- The premium zinnia.
- Recommended by the Association of Specialty Cut Flower Growers. Vigorous all-season producers hold up well in summer rain and heat all over the country. Densely petaled blooms are up to 6" across. Long-lasting standouts in bouquets. Cut-and-come-again flower, yielding multiple cuts over the season.
- Colors include deep red, orange, carmine rose, coral, lime, wine, purple, bright pink, white, salmon rose, scarlet, and golden yellow



Zinnia: Queeny Lime with Blush

- Innovative and elegant. Mostly double and semidouble, 2–3 1/2" blooms with a small percentage of singles. Cut-and-come-again flower, yielding multiple cuts over the season.

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.



Luminance

- Days to maturity: 85
- A better Japanese-type for the North.
- Earlier, larger Murasaki-type sweet potato. This early and robust variety boasts larger sizes, smooth lavender skins, and cream-colored flesh.
- Outperforms standard orange varieties in our Maine trials.
- Not suitable for long storage.

Herbs



Italian Basil: Rutger's Obsession DMR

- Days to maturity: 75
- Compact, downy mildew-resistant basil.
- Dark green, glossy leaves are medium size (2–2 1/2" long), flat, and pointed. High-yielding for field, greenhouse, and container production. Italian aroma and flavor with slightly earthy, spicy notes.
- Disease Resistance: Downy Mildew, Fusarium Wilt



Basil: Thai

- Days to maturity: 64
- Try it as a flavorful garnish for sweet dishes. Green, 2" long leaves have a spicy, anise/clove flavor. Attractive purple stems and blooms.
- Called "Horapha" in its mother country, "Hun Que" in Vietnam.
- Edible Flowers: Use the flowers in any recipe that calls for basil, or to garnish drinks, salads, soups, pasta, and desserts. Flavor is of intense, spicy basil with notes of clove and anise.



Basil: Ethiopian (Besobela)

- Days to maturity: 60-70
- Besobela is a unique herb associated with the injera/wat cuisine, which evolved in the highlands and mid-highlands of hinterland Ethiopia.
- Adds flavor to berbere, shiro, and clarified butter. It's also added to white shiro and alicha during the last minute of cooking as a finishing herb.
- This fragrant, purple-flowered basil grows wild and cultivated in Ethiopia where it is harvested by hand, sun-dried, and pulverized for cooking.
- (True Love Seeds)

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.



Hill Country Red

- Days to maturity: 60-70
- Plants grow up to 8ft tall with plump red & green pods with rich flavor.
- "Hill Country Red Okra is said to have originated in the eastern portion of the mostly limestone Edwards Plateau in west-central Texas—also known as Texas Hill Country. This area has a large German population and influence, which meant they opposed secession from the Union during the Civil War, and also meant introducing the accordion to Tejano music. Okra is probably from West Africa, though some claim Ethiopia as the origin. Many believe enslaved Africans hid okra seeds in their hair on the forced journey across the Atlantic. Certainly, this crop is a taste of home for people of the African Diaspora." (True Love Seeds)

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.



Lemon

- Days to maturity: 65
- Small, rounded, pale yellow cucumbers.
- Pick at 1½–2½" diameter.
- This versatile cucumber is sweet and flavorful, and doesn't have much of the chemical that makes other cucumbers bitter and hard to digest.
- Though often served raw, Lemon is also a good pickling cucumber.



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.



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.



Salanova Red Batavia

- 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.
- [NEW TO CITY HARVEST](#)



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.



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.



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



Dunja

- Days to maturity: 47
- Early, powdery mildew resistant.
- Resistant to multiple other diseases.
- A high-yielder of dark green, straight zucchinis.
- Open plants and short spines make for an easy harvest.



Zephyr

- Days to maturity: 54
- Distinctive, slender fruits are yellow with faint white stripes and light-green blossom ends.
- Harvest young at 4-6" for unusually delicious, nutty flavor and firm texture. Vigorous, high-yielding plants.
- Edible Flowers: Blossoms bear a mild, squash-like flavor and are great stuffed and fried, or sliced for use in soups, omelets, salads, and pasta dishes.
-



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: Sugar Baby

- Days to maturity: 76
- The standard of small watermelons.
- Round fruits, 6–8" in diameter, averaging 8–10 lb.
- Ripe melons are almost black. Good flavor. Tough rinds resist cracking.
- The standard of "icebox" melons for many years.



Watermelon: Sureness

- Days to maturity: 75
- Superior yellow-flesh watermelon.
- An improvement over Sunshine, this sweet and crisp "icebox" melon is more widely adapted and produces a more flavorful, harvestable yield under adverse conditions.
- The sweet, bright yellow flesh is concealed by a thin striped rind.
- Yields mostly oval watermelons, with some rounds.



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



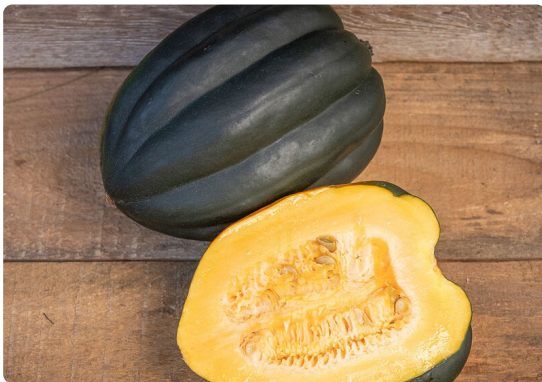
Butternut: Waldo

- Days to maturity: 100
- Great flavor in a larger market size.
- One of our best-tasting Johnny's-bred butternuts! Produces big yields with very few culls.
- Vigorous plants and strong PMR ensure crops reach maturity under high disease pressure. Long vines. Good storage life.



Butternut: 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.



Acorn: Autumn Delight

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

Winter Squash



Pumpkin: Cinnamon Girl

- Days to maturity: 85
- Beautiful ornamental with excellent eating quality.
- As the name suggests, Cinnamon Girl can be combined with the favorite spice of fall and used for pie filling, in bread, or in any other pumpkin-based recipes.
- It also makes an excellent small ornamental.



Kabocha: Sunshine

- Days to maturity: 95
- Deep scarlet and delicious.
- Smooth, tender flesh that is sweet, bright orange, and excellent for baking, mashing, and pies.
- Superior appearance and eating quality when compared to other varieties of this type. Can be consumed right at maturity.
- Vigorous, short vine.



Delicata: Delicata JS

- Days to maturity: 80
- Our distinct, widely grown strain.
- Unique appearance with cream skin and dark green longitudinal stripes and flecks.
- Tastes very sweet and skin is tender enough to eat. Excellent for stuffing and baking, even right at harvest!