

# HOT OUT OF THE HOOP HOUSE

Hey folks,

This where you can find out what's coming out of our vegetable production house. We grow most of our own vegetable sets and offer a wide range of seedlings you won't find else where. Available on the benches now and coming soon are the following. Some varieties sell out rapidly, so if you see something that interests you, just mail us at [justfruits@hotmail.com](mailto:justfruits@hotmail.com) and we'll make a note to hold the item until you can pick it up.

TYPE	VARIETY	NOTES
Lettuce	Wildfire Mix	Mix of many varieties
Lettuce	Black seeded Simpson	Old standard crisp loose leaf
Lettuce	New Red Fire	Deep red
Lettuce	Buttercrunch	Crunchy sweet dark green
Lettuce	Tropicana	Slow to bolt good for hot weather
Lettuce	Outredgeous	Deep red Romaine
Lettuce	Cherokee	Deep red heat resistant Romaine
Lettuce	Tango	Green Loose leaf with tightly curled leaves
Lettuce	Anuenue	Heat Tolerant crispy green leaves
Lettuce	Antago	Deep red Lolla Rossa
Radicchio	Indigo	Forms tight round red heads
Arugula	Astro	Milder than most
Chard	Bright Lights	5 Chard varieties mixed
Pac Choy	Joi Choi F1	Baby Pac Choy
Pac Choy	Hol Tau Bok	Traditional Pac Choy
Kale	Redbor	Deep red tightly curled
Kale	Black Tuscan	Long thin blue green leaves
Kale	Winterbor	Tightly curled blue green leaves, so sweet
Mustard	Osaka Purple	Curly foliage
Mustard	Red Giant	Spicy flavor, lots of foliage
Green	Spinach Mustard	Taste like spinach grows fast
Green	Spigariello	Broccoli flavored leaves
Spinach	American	Thick crinkly leaves
Broccoli	Waltham 29	Large tight heads
Broccoli	Green Sprouting	Continuous harvest of side shoots
Cabbage	Super Red 80	Dark red round heads
Cabbage	Charleston Wakefield	Withstands heat to cold. Cone head

TYPE	VARIETY	NOTES
Napa Cabbage	Rubicon	Upright
Cauliflower	Snowball	Self blanching
Cauliflower	Natalino Romanesco	
Cauliflower	Violet	Dark purple heads,
Brussel Sprouts	Churchill F1	More compact grower
Brussel Sprouts	Hild's Ideal	German variety known for its sweetness
Collards	Champion	Old southern variety
Kohlrabi	Eder F1	Sweet and crunchy good in salads
Herb	Bronze Fennel	Beautiful in the garden. Great for butterflies
Herb	Chives Purly	Tight thick leaves
Herb	Dill Bouquet	Short grower doesn't flop
Herb	Parsley Forest Green	Curly parsley
Herb	Parsley Italian Dark Green	Traditional Italian cooking parsley
Herb	Leaf Fennel	Great in cooking and for the Butterfly's
Herb	Bulbing Fennel	Sweet flavor used fresh or cooked
Herb	Cutting Celery	Spicy celery flavor good in soups
Herb	Upland Cress	Easier to grow than water cress
Herb	Cardoon GabbaDi Nizza	Heirloom Italian vegetable
Herb	Cilantro	Great in Mexican dishes
Herb	French Sorrel	The real sorrel
Flowers	Nasturtium Alaska	Spicy variegated leaves good in salads
Flowers	Nasturtium Dark Jewel Blend	Use flower buds in place of capers

### GIVE US YOUR FEEDBACK...

Now it's your turn to teach us! Please let us know what your favorite varieties are and why. We will do our best to provide you with the types of veggies that you crave most. Happy Planting from Just Fruits and Exotics

# VEGETABLE HIGHLIGHTS

## PLANT SOMETHING UNUSUAL (then eat it!)

There is always a wide variety of unique vegetable seedling starts available at the nursery. We love the odd and strange around here, so we're always working to bring you vegetable sets that you can't find anywhere else. Many of the varieties we grow are old heirlooms, which are so much tastier than today's commercial varieties. Our sets are grown using organic techniques; they're fertilized with fish emulsion weekly, and our seed comes from companies like Seeds of Change, Seed Savers Exchange, Johnnie's Seed's, and Botanical Interests.

Be sure to visit our gardens; they are our testing ground for new varieties, as well as a place for you to learn about good growing techniques you can use in your own gardens.

If you're interested in growing your own vegetables from seed, we have seeds of many of the vegetables you see in the gardens in the seed section of our garden store, as well as seeding trays and seed starting soils.

Want to know more about growing your own vegetable sets? [SIGN UP](#) to be notified when we're having our next SEED WORKSHOP.

Some of the more unusual varieties in this year's lineup are:

Violet Queen Broccoli - What a surprise to find that this veggie is a cross between cauliflower and broccoli. It has cauliflower leaves and broccoli-like heads. The head of the plant is a lovely shade of violet that adds beauty to any landscape, and then turns green when cooked. Many cooking reviews claim this veggie tastes just like broccoli, and diners are often startled to learn that it is in fact a cauliflower. Give it a try in your garden, and let us know if you think it tastes like broccoli, or cauliflower. *Picture courtesy of Johnny's Seed*



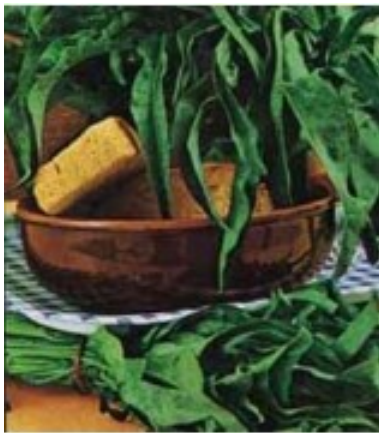
•Romanesco Natalina Cauliflower - This type of cauliflower produces a pinecone shaped head full of pointed bright green rosettes. This will provide a nice contrast with the violet queen broccoli that will have your neighbors talking. *Picture courtesy of Gourmet seeds*

•Bright Lights Swiss Chard - A rainbow in your garden, this beauty produces a flavorful, green and burgundy, leafy vegetable on red, gold, orange, white and yellow stalks. Sweet and succulent, it makes a delicious and colorful addition to any salad. *Photo courtesy of Johnny's Seed*



•Hu Tau Kok Bok Choy - This is non-heading chinese cabbage that produces large leafy greens that are great in stir fries. Come check out all of our Chinese cabbages, or bok/pok choy.

•Spigariello Broccoli Greens - A relation to broccoli, these greens are an Italian heirloom vegetable. They have dark green, sweet leaves that cook much the same as kale. They will eventually have broccoli like buds that can be cooked and eaten with the greens. However, there is no need to wait for the buds before harvesting the leaves, because they often arrive late in the harvest season.



*Picture courtesy of Gourmet Seeds*

•Vitamin Greens - Not only delicious but attractive, with fringed, dark green leaves on a white stalk. This Japanese veggie has a spicy, mustard-like taste, and will add a punch to any salad. Vitamin Greens also work well as a garnish or cooked green. They are high in vitamins A, C, K, D, E, foliate, iron, calcium, and fiber. Yummy and good for you!

•Wildfire Lettuce Mix -This exciting mix includes, among others, Outredgeous, this lettuce is tolerant of heat and does well in our hot humid climates. Also included in the mix are: Aruba, a dark red baby oakleaf variety; Black Jack, a loose-leaf lettuce that has ruffled dark burgundy leaves; and Tango, also a loose-leaf, which provides a contrast of green frilly leaves. Wildfire looks as good as it tastes! *Picture courtesy of Johnny's Seed*

