

# Menu

April 2, 2016



## Red Russian Kale

High in vitamin K. Can be harvested all year long during mild winter, will often regenerate growth after a cold winter in early spring. Use baby leaves for fresh eating in salads and use the larger mature leaves for cooking, kale chips and green smoothies



## Siberian Kale

High in vitamin K. Can be harvested all year long during mild winter, will often regenerate growth after a cold winter in early spring. Use baby leaves for fresh eating in salads and use the larger mature leaves for cooking, kale chips and green smoothies



## Bishop Cauliflower

Self-blanching cauliflower does best with a little phosphorous just before bud development. This variety is early a dependable for produce large creamy white heads.



## Gypsy Broccoli

Beautiful blue green broccoli can be harvested all summer long as we get great shoots after the main stalk has been cut. Can tolerate some high heat drought conditions better than other varieties we have tried.

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## Tuscana Kale

Delicate and tender dinosaur kale can be eaten fresh at any stage, a favorite Italian variety with high vitamin K and calcium content. Consider a “power green” for its superior nutritional value.



## Bilko Cabbage

Hardy fail proof napa cabbage makes wonderful fresh salads, and a preferred variety for the Korean delicacy, Kimchi. Early to mature, you can plant this cabbage along with your radishes to finish for fermentation together.



## Super Red Cabbage

Large firm red cabbage heads mature late summer through early fall.



## Storage #4 Cabbage

Great all purpose storage variety selected for hardiness and lengthy storage capacity, will store up to 8 months in cold storage.

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## Calypso Cilantro

Reported to eliminate heavy metals from the blood, this culinary herb has a very distinct savory flavor that works well in Curry dishes and Mexican cuisine as well as compliments rice, beans, eggs, salsa and other veggie dishes.



## Genovese Basil

The favorite variety for pesto and Italian seasoning, basil can also be used for tea, pizza, pasta and salads.



## Oregon Spring Tomato

Holds up well in the early spring when soil temperatures are too cold for other tomatoes, Oregon Spring will be one of the first tomatoes you'll pick from your garden this summer. Fruits are medium to large round and solid fleshed.



## Houseworth Tomato

Pink, heart shaped, award winning beloved Bedford County Heirloom. Solid flesh stays in tact when slicing, excellent flavor. Can be used for fresh eating, salsas, ketchup and sauces.