

## 2018 Fall Annuals

### **BROCCOLI**

#### **Early Purple Sprouting**

An English heirloom variety, bred for overwintering. Produces lots of purple broccoli sprouts in the spring. Grows slowly through the winter. Very frost-hardy. A delicious broccoli that is hard to find in this country.

### **CAULIFLOWER**

#### **Romanesco**

Mind-blowingly beautiful chartreuse spiraling heads. Mild, smooth flavor. Widely grown in Italy. 75 to 100 days from transplant.

### **CABBAGE**

#### **Tronchuda Portuguese Cabbage**

An heirloom cabbage from Portugal that never heads up but continuously produces leaves like collards. It has the spicy sweetness and crunchy texture of cabbage.

### **CHICORY**

#### **Grumolo Biondi**

Light green or golden grumolo type of chicory (an endive that produces small tight heads of beautiful rounded leaves) for fall growing. Initial growth is an elongated head like a romaine lettuce with large, rounded to pointy leaves. After harvesting, leave the root in the ground and in the spring you will get the beautiful grumolo rosette.

#### **Sugarloaf**

Sugar Loaf chicory grows like an upright, tightly headed, very large Romaine lettuce. Beneath the outer, pale-green, mild-tasting leaves lies a blanched tight heart of sweet, pale-golden white leaves with extraordinary flavour. Sugar Loaf is perfect for late summer and fall harvests. We recommend pulling off a few of the enormous wrapper leaves and then lying the cylindrical core on its side and slicing across like a loaf of bread. Try a salad of Sugar Loaf with a hot oil dressing and croutons. Officially this

endive is an escarole type and is an old heirloom variety that sometimes goes by its French name, Pain de Sucre.

### **Speckled Frizz**

Open-pollinated. Usual chicory from master breeder Frank Morton of Wild Garden Seeds. Morton crossed his own Wild Garden chicories with frisée, curly endive and escarole to develop a colorful flock of individuals. More tender than chicory, more cold hardy and ornamental than endive. A variable gene-pool with some plants open, others semi-headed, others with full heads. Enjoy a broad range of textures and flavors spiked with a hot pepper tang.

## **COLLARDS**

### **Variegated**

Florida family heirloom since 1910. Green leaves become variegated with white when plants begin to flower. Plants may live 5 years or more. Incredibly beautiful and ornamental, but tasty and tender as well.

### **Yellow Cabbage Collard**

A very rare collard from Southern Exposure Seed Exchange. Milder and more tender and sweet than most collards, we find this to be one of our two favorite collards. Absolutely mouthwatering. The yellow-tinted leaves form a loose head.

## **EDIBLE FLOWERS**

### **Shungiku**

Variouly called Garland or Edible Chrysanthemum or Chop Suey herb. Shungiku leaves are a delicious, richly flavored ingredient in salads or can be added to sautés. Bright yellow flower petals are edible too!

### **Blue Borage**

The blue-flowered form of Borage (*Borago officinalis*) is a fabulous addition to any garden. This beautiful hardy annual is a vigorous plant which can produce hundreds of azure-blue flowers, especially useful for attracting honeybees and other beneficial insects. Once established and going to seed, it will become a welcome "volunteer" in your garden forever!

Borage flowers are one of the best-loved edible flowers, tasting remarkably like cucumber and used raw in salads, herb waters or vinegars, or as a garnish on any sort of

dish. The leaves are commonly cooked in Italy- raviolis are stuffed with Borage leaves in Genoa, and elsewhere are served like spinach or dropped in batter and deep-fried as fritters.

### **White Borage**

The white-flowered form of Borage is much more rare than the blue. Very similar in appearance to Blue Borage, this hardy annual produces a great show of pure white star-shaped flowers which have all the same attributes and benefits as the blue.

Culinary use is similar to the blue, but has an even more delicate, sweet flavor- also like cucumbers. The two forms do not cross with each other, so you can always have the two beautiful colors growing together in your garden!

### **Bachelors Buttons**

A well loved common garden annual cut flower, which few people realize are quite edible and delightful to sprinkle on cakes, in salads, and in herb infused waters. Snip button-like flowers off plants and then pull petals off for garnish, discarding center head. Our bachelors buttons are named varieties, which range from deep clear blue to violet, deep burgundy, pale pink, fuchsia, and white. Plants grow to 3 ½ feet tall and flower continuously throughout the summer.

## **ENDIVE**

### **Tres Fin Maraichere**

Deeply cut, gray-green toothed leaves. Forms a dense mass of frilly sprigs which are mild and delicious. 45 to 60 days from transplanting.

### **DeMaux**

This pre-1885 French heirloom is great for fall plantings. Very rare. Broad, dark green heads with a creamy white, blanched heart and very notched leaves. Heavenly in salads!

### **Capellina**

The unique, fine, pointy leaves of Capellina set it apart from other frisée endives. It grows as large mounds of frilly pointy craziness. Much hardier than other frisée's. Good flavor raw for fall and winter salad mixes. A little slower growing, which probably helps with cold tolerance, as it produces less frost-tender growth. Sometimes referred to as Riccia Fine d'Inverno, meaning it is a re-selection of an older winter endive which we used to grow in the late 1980's.

## **ESCAROLE**

### **Cornetto di Bordeaux**

One of the finest French varieties, this escarole has a large upright head which self-blanches to form full, crunchy white hearts. One of our favorites!

### **Broadleafed Fullheart Batavian**

Introduced in 1934. Large, broad center. Dark-green leaves enclose round deep heads 12 to 16 inches in diameter which are well-blanched, creamy and buttery.

## **FENNEL**

### **Perfection**

This Northern European variety was developed to mature quicker in Northern climates. Large, round bulbs.

## **HERBS**

### **Chervil**

Delicate winter herb with anise-parsley flavor. Great as a garnish, an ingredient in soup or salad, or made into a winter pesto. Flowers are tasty too!

### **Cilantro**

Does well in cool weather throughout the winter and early spring! Great made into a pesto. Flowers are beautiful and edible. The seeds of cilantro are called coriander. If you haven't tried fresh green coriander in your cooking, you must!

### **Rak Tamachak**

Named for the Rak Tamachat Permaculture and Natural Building Education Center in Thailand, this cilantro was collected there by the folks at Adaptive Seeds in Oregon. Leaves are giant when compared to every other cilantro we have grown at OAEC – they can be up to 2" across! Flavor is a little more mellow than other cilantros, so you can eat it by the handful without getting overwhelmed.

## **KALE**

### **Shiny Diney**

An OAEC original, selected in our gardens! A beautiful kale with glossy, dark, almost black, strap-shaped leaves which contrast nicely with the blue-green chalky-surfaced leaves of traditional Lacinato or Dinosaur Kale. It is a smaller plant with an even heartier taste.

### **Biodiversity Kale:**

#### **Russian White**

Similar in appearance to Russian Red but with white venation. More tender than Russian Red, with a squatter growing habit. Tends to be very bolt-resistant. The most productive kale we know.

#### **True Siberian**

Large, frilly, blue-green leaves identify this fast growing, exuberant kale. Slow to bolt in summer, it withstands hard frosts, which improve its texture and flavor. 24-30 inches tall.

#### **Lacinato Rainbow**

A fabulous cross between Redbor and Lacinato kales with frilly green leaves overlaid with hues of red, purple, and blue-green. Very vigorous and cold-hardy.

#### **Serata or Green Ruffles**

Green ruffled leaves with good basil flavor. Beautiful to pair with Purple Ruffles. Great used fresh in salads. Height 12 to 16 inches.

#### **Red Ursa**

A heavy-ribbed, broadly curled, Siberian-type kale with extra frills and deep red-purple color. Excellent flavor in salads and stir-fry.

#### **Lacinato**

Known as Tuscan Black Cabbage (Cavolo Nero) or Dinosaur Kale. Tall plants with savoyed, strap-shaped leaves up to two feet long. Tolerates heat well, and is one of the sweetest, tastiest kales. Very ornamental. Italian heirloom grown especially in Campania for centuries and one of the traditional ingredients of minestrone.

#### **Spigariello Liscio**

This variety is technically a leaf broccoli, but is grown like broccoli raab. Harvest individual leaves for continual harvest or whole plants for branching. Sweet broccoli/kale flavor from beautiful silvery, feathered leaves. Popular in southern Italy.

## LEEKS

### **Bulgarian Giant**

A long, thin leek of the best quality. Light green leaves. Popular variety in Europe.

### **Blue Solaise**

French heirloom with truly bluish leaves turning violet after a cold spell. Very large and sweet medium-long shaft. 100 to 120 days from transplant. Holds well in winter, but does beautifully all year round. Grown in OAEC's gardens since the mid-80's.

## LETTUCE

### BUTTER LETTUCE

#### **Ben Shemen**

Summer Butterhead-type from Israel, bred for intense heat and slow bolting. Large, dark green, compact heads are very sweet. Good for spring planting.

#### **Mikola**

Heavy, succulent red Butterhead with large, rounded, slightly ruffled leaves. Does well in heat.

### LEAF LETTUCE

#### **Mascara**

One of the most beautiful lettuces of all! Curly, frilled oakleaf-shaped leaves retain dark-red color in hot weather. Good bolt resistance.

#### **Merlot**

Outstanding color of burgundy-red. Loose-leaf type for "cut and come again" use.

#### **Dapple**

Dark red, wavy leaves with sprinkles of yellow-green. Beautiful! Good taste. Virtually unavailable through any seed company, this beauty has been seed saved in OAEC's gardens since 1992.

#### **Quan Yin**

A green Batavian head lettuce offered by Siskiyou Seed Company of Williams, Oregon. Sweet flavored, and holds up well in the heat.

## **OAKLEAF LETTUCE**

### **Lingue de Canarino (Canary's Tongue)**

Italian heirloom with full heart and lime-green tasty leaves. Three distinct leaf types fill out this loose, mild-tasting 8-inch rosette. Good in salad mixes. Works very well in the fall or spring. Another OAEC favorite Oakleaf, this variety was given to Doug Gosling in 1992 by the Seed Savers Exchange.

### **Bronze Arrowhead**

Our favorite oakleaf lettuce type. Grown at OAEC since the late 1970's. Very colorful and flavorful with great crunchiness. Awarded the bronze metal at the 1947 All American Selections.

## **ROMAINE LETTUCE**

### **Chadwick Rodan**

Medium-sized Romaine. Crunchy, tender, very sweet and buttery. Compact Bibb-type heads of tender pointed red-bronze leaves with thick succulent midribs. An heirloom from Europe brought to this country by English gardener Alan Chadwick.

### **Little Gem**

A sweet little miniature Romaine. Sometimes called "Dwarf". 6 inches across and 6 inches tall. Very succulent, crispy texture. Often featured in restaurants in "Gems Salad."

### **Mayan Jaguar**

A stunning new Romaine created by plant breeder extraordinaire Frank Morten of Wild Garden Seeds. Dark green ruffled leaves with maroon mottling. Has great flavor and sweet, juicy crunch.

## **RADICCHIO**

### **Red Treviso**

An exotic and beautiful radicchio which is shaped like a small Romaine lettuce with slender deep burgundy leaves and bright white veins.

**Palla Rosa**

Round red heads with prominent white veins.

**Variegata di Chioggia**

Beautiful, large, round-headed radicchio with brilliant red and white color. Popular Italian variety from the old fishing village of Chioggia.

## **SALAD GREENS**

**Salad In A Six-Pack**

This diverse mix of salad mustards includes Arugula, Mizuna, Russian Red and Dinosaur Kales, and various Red and Green Mustards. You can choose to tease these plants apart and plant each one separately or you can plant them in six clumps. In either case, if you harvest them continuously, you will have small, bite-sized leaves for your salads for several months. A special OAEC blend.

**Arugula**

Popular salad green with a pungent, spicy taste, almost reminiscent of hazelnuts. Sometimes called rocket or roquette. Can be made into a yummy pesto, and its buds and flowers can be used as a sweet salad ingredient or garnish.

## **SCALLIONS**

**Evergreen Hardy Bunching or Welsh Onions**

Heirloom from 1880s that can perennialize in this climate. 4 to 9 inches long, with slender silver shanks. Non-bulbing. A good scallion for early spring transplants. 60 to 120 days from transplant.

## **SWISS CHARD**

**Bright Lights or Rainbow**

Original selection of heirloom varieties from Australia with white, lemon yellow, orange, red and pink colored midribs with green leaves. Very tasty. Cold-tolerant. Incredibly beautiful ornamental food crop.

**Chadwick's Choice**



Originally from Alan Chadwick. Naturalized for over 20 years at Mariposa Ranch. Wide green leaves with thin white stems. We have grown this variety and saved seed on it in the OAEC gardens since 1982.

### **Perpetual Spinach**

Not a spinach but a kind of chard that produces leaves which look more like spinach – flatter and more pointed – and which taste like spinach too. Great as a tender sauté green and also tasty fresh in salads. Very longstanding in the garden and generally doesn't bolt in the first year.

### **Ruby Red**

This is the standard for red chard. It has deep ruby red stems and dark green leaves with a pleasing savoyed rumple. Selected against early bolting and for nice wide petioles. Can be used young as a baby leaf in salad mix for some color. Try sautéing with balsamic vinegar and sweet onions - yummo!