

2019 Herbs and Vegetables Flat Guide



Non-GMO

What is GMO?

GMO stands for genetically modified organism. A plant that is created with GMO has an altered DNA. This is created by combining genetics from different plant species that could not ever occur in a natural environment. The reasons for the creation of a GMO plant may be to carry a resistance from one type of plant to another. Most often GMO seed is used in commercial field crop production. It has been debated whether or not the ingestion of GMO products is detrimental. Please assure your customers that Jim Stakey Greenhouses' herbs and vegetables are not grown with any GMO seed.

Returning in 2019 Spring is our master list of herbs and vegetables. Once again, we've provided a reference of food photographs to inspire culinary ideas.

As we prepare for the upcoming season, we look forward to doing business with you.

Sincerely,

Jim Stakey

HERBS



Basil

Ideal for tomato sauces, pestos and salads.

Sweet Italian Lg. Leaf



Chives

Use to flavor salads, soups, fish, eggs, adds interest to flower beds and makes a natural insect repellent in the garden.

Onion



Coriander

Cilantro adds the spark to salsas, burritos, seafood and herb butter.

Cilantro



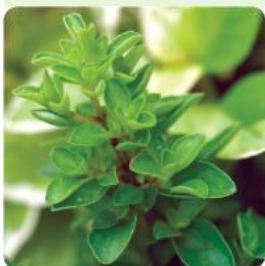
Dill

Seeds flavor pickles; leaves enhance salads, soups, fish, omelets and vegetables.

Bouquet



Fernleaf



Marjoram

Very fragrant herb used in pasta sauces, eggs, vegetables, soups and meat dishes.



HERBS Continued

Mint



Peppermint

Easy to grow, fresh mint cools and refreshes everything from salads to iced tea and cocktails.



Spearmint



Common

Oregano

Used in Italian and Greek cooking. Known as the "pizza herb".



Italian Dark Single

Parsley

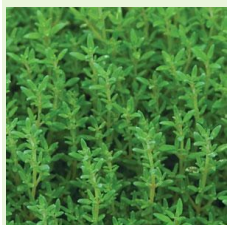
Garnish on rice, potatoes, meat, vegetable stews, soups or salads.



Sage

Salvia-Sage

Ingredient in turkey dressing, cured meats, sausages, veal, pork dishes and to flavor stock.



Summer (French)
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Great in Italian pasta sauces, compliments vegetables, fish, and grilled meats. A component of herbs de Provence. Winter thyme is a woody evergreen.



Winter (Culinary)

Thyme



VEGETABLES



Emerald Crown

Broccoli

Medium, maturing , very uniform, heavy-headed, domed variety with small beads on a small-framed plant.



Long Island Green

Brussel Sprouts

Stocky semi-dwarf plants produce lots of tasty green sprouts on short, self-supporting stems. Heirloom variety.



Ruby perfection

Cabbage

Deep red, solid, flavorful 4-6 lb. Slow to bolt, a great storage cabbage.



Snow Crown

Cauliflower

Vigorous grower. Good for fresh/ frozen use. All America Selection Winner.





Giant Pascal

Celery

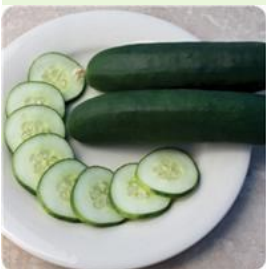
A popular French celery with upright heads and crisp, flavorful stalks. It's early to mature, has a vigorous habit and medium-tall, thick bright green ribs with dark green leaves.



Burpless Supreme

Cucumber

Sweet dark green fruit, many seedless.



Slice More

Smooth, long, dark green slicing cukes, with very small seed cavity.



Black Beauty

Eggplant

Tasty purplish 8 in. fruits are great in a variety of dishes. Try them breaded or fried. Plants produce 4-6 fruit or more.



VEGETABLES Continued



Shikou

Fruit have thin and tender, glossy skin, very white interior and very few seeds. Used in Asian dishes.



Lettuce



Buttercrunch

Top quality, easy to grow and yields very tender 4.5 " rosettes. All America selection winner.



Salad Bowl Mix

Carefully selected mix of lettuces including Parris Island, Red Salad Bowl and Royal Oak Leaf, which all perform well in cool temperatures. Good for salads and garnishes.



VEGETABLES Continued

Lettuce Cont'd



Romaine Parris Island

Very uniform, compact dark green rosette and has a sweet, crisp flavor. Resistant to mosaic.



Pak Choi



Toy Choy

Dwarf Chinese cabbage. Tiny bunches of crisp, white 4-5" tall stalks with tender green leaves. Easy to harvest.



Pea



Sugar Snap

Sweet pods for fresh use/cooking. Vines are high yielding for long periods in both cool and hot weather.



VEGETABLES Continued

Pepper



California Wonder

Blocky; good for stuffing, the “go-to” sweet pepper, thick-walled, juicy bell, good raw or cooked.



Cubanelle

Sweet and mild, light green to yellow colored, usually picked before they ripen. When ripe they turn bright red. Called the Italian Frying Pepper.



Habanero Orange

One of the hottest peppers available. Thin walled, skin wrinkles at maturity.



Habanero Red

Short wrinkled green fruits, on 14-18” plants turn red when mature and pack a searing heat.



Hungarian Hot Wax

Early, medium, thick-walled fruit, peppers change from yellow to orange to red. Medium hot. Great for pickling, frying, stuffing and peeling after roasting



VEGETABLES Continued

Pepper cont'd



Jalapeno M

26 " vigorous plants with 3 1/2" long fruit, pungent, sweet and hot. Dark green when ripe, popular on nachos.



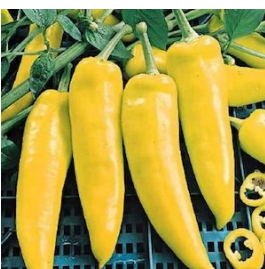
Purple Beauty

1.46 feet tall, low-maintenance, mild, sweet flavor, purple then ripens to red color, turns green when cooked.



Red Hot Cherry Lg.

24-36" tall, one of the mildest chili peppers. Commonly used to stuff jarred green olives.



Sweet Banana

Very popular, mild yellow peppers turn bright red. Large pointed fruit measures 6-7" long and 1 1/2 across. Great for pickling.



VEGETABLES Continued



Zucchini Dark Green

Squash (Summer)

6-8" long , early, vigorous plants bear lots of straight and smooth, dark green mottled fruits with firm greenish-white flesh.



Zucchini Easy Pick Gold

Up to 10" long, fast-growing plants, continuous yields of slender "twist to harvest" make this traditional zucchini easy to market.



Waltham Butternut

Squash (Winter)

9" long, exceptional yields and nutty flavor. Great for baking, cooks up sweet and tender. All America Selections Winner.



Spaghetti

8-12" Oblong, mid-size yellow fruits. Tasty, pasta-like interior. Harvested in late Summer/Fall, can be stored several months in a cool, dry location.



Bright Lights

Swiss Chard

Unique yellow, gold , orange, pink, violet, green, and striped stems, plus standard red and white. Mild flavor. Tender, bronze or dark green leaves. Good ornamental.



VEGETABLES Cont'd

Tomato

Disease Tolerance:

V: Verticillium

F: Fusarium Wilt Race 1

F1&2: Fusarium Wilt Races 1&2

Days: Days to Harvest

N: Nematodes

T: Tobacco Mosaic Virus



Ball Beefsteak

Heirloom, large, flat globe-like slicing tomato, light red skin, and very meaty, juicy flesh. Very productive.

Days: 72 VF1& 2T



Better boy

Most popular all-around hybrid has high yields of smooth fruit with excellent flavor.

Days: 75 VFN



Big Beef

Beefmaster type with twice the yields. Fruit early 'til frost. Resists Alternaria and Stemphylium.

Days: 73 VF1&2NT



Burpee Big Boy

Vigorous, large red fruit, wonderful aroma, rich flavor, firm, meaty, heavy foliage plants.

Resistant to Alternaria

Days: 78 —



Tomato Continued



Champion II

Big, meaty fruit on extra-early compact, 24" plants. Slightly more productive and widely adapted. Can be grown staked, but not essential. Resists Alternaria Stem Canker, Tomato Yellow Leaf Curl Virus.

Days: 65 VF1&2NT



Early Girl

Earliest slicing variety produces all Summer. Concentrated sweet flavor used in soups.

Days: 60 VF1&2



La Roma III Red

Large, tasty fruit on large, vigorous plants. Big yields of 5-8 oz. fruit. Very healthy and disease resistant. Resists Alternaria, Gray Leaf Spot, Root Knot Nematodes. Trailing is recommended in areas with short growing season.

Days: 76 VF1&2N



Roma

Bright red, plum-shaped fruit. Yields 2 oz. fruit. Resists Alternaria.

Days: 78 VFT



Tomato Continued



Lemon Boy

Unique, lemon yellow skin. Slicing tomato. Resists Leaf Mold, Alternaria Stem Canker.

Days: 72

VFN



Super Fantastic

Produces high yields of solid, meaty, smooth-skinned fruit all Summer.

Days: 70

VFN



Sweet 100

Bears 100 or more of sweet 1" fruit smaller than cherry tomatoes in clusters on long branches. Resists Alternaria and cracking.

Days: 65

VF1



Notes



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