



Mid-Summer Reminders

Harden Off Seedlings:

Seedlings arrive after weeks of being nurtured in ideal greenhouse conditions, but to ensure they thrive after transplanting, they need time to acclimate to outdoor conditions. "Hardening off" helps them adjust to sunlight, wind, temperature changes, and variable watering. To harden off, place seedlings in a semi-sheltered area for a few days, gradually exposing them to the elements. If possible, transplant on a cloudy day or in the evening to ease their transition.

Basil:

Rather than picking individual leaves, encourage your basil to branch out by cutting above the second node (where the main and auxiliary stems meet). This will prevent premature bolting and promote a more abundant harvest. For longer shelf life, place cut basil in a cup of water.

Okra:

Okra grows quickly once established, but it's important to harvest pods when they reach 2-3 inches to avoid them becoming tough and woody. You may need to harvest every other day during peak season. Wear long sleeves and gloves when handling okra, as its spines can irritate the skin.

Lettuce Heads:

The "summer crisp" varieties in this distribution are known for their sturdiness and heat tolerance. Their tight, upright growth habit makes them more resilient in warm weather, though they can still bolt during peak summer heat. Keep a close watch to ensure optimal harvest.

Squash, Cucumbers, and Melon:

To protect your crops and maximize yields, inspect seedlings for aphids and looper eggs. Cover them with row covers or insect netting immediately. Once the first flower appears, uncover the plants after about 10 days to allow for proper pollination.

Sweet Potatoes:

When your sweet potato slips arrive, they may appear stressed, but as long as the stem isn't fully rotted, they should recover and begin new growth. Plant them as soon as possible, or if you need to delay, wrap the roots in a damp paper towel to keep them moist. Space slips 12 inches apart and bury 4-6 inches of the stem in the soil.

Proactive Measures:

If you're dealing with pest issues, consider removing brassicas from the garden two weeks prior to the next distribution. This will help reduce the pest population and provide a healthier environment for your next round of plantings.

Annual Flowers



Sweet Alyssum- Wandering Mixture

- 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: Choice Mix

- Choice Mix includes varying hues of gold, orange, peach, pink, purple, raspberry, and red. Well-branched plants.
- Use for fresh-cut or dried flowers.
- Double blooms are 2–2 1/2" across.

Annual Flowers



Amaranth: Red Spike

- Ideal color and form for late summer and fall arrangements.
- More useful than other upright types because of its gracefully arched, feathery plumes.
- Dark red arched and airy flower heads. When plants are young and leaves are tender, the foliage makes a nice edible green.



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.



Purple Majesty

- Days to maturity: 100
- Purple skin and flesh.
- Stunning dark purple coloration—a beautiful addition of diversity for mixed boxes. Standard tapered root shape and size. A more uniform and concentrated set, outperforming any other purple-fleshed varieties we have trialed.
- Performed well in Maine's short growing season without any row cover.
- Stores well.

Herbs



Basil: Italian Large Leaf DMR by Prospera

- Days to maturity: 74
- Fast-growing with large leaves.
- Plants produce high yields of 4" long leaves.
- Highly uniform plants have a sweet aroma with notes of anise.
- Disease Resistance: Downy Mildew, Fusarium Wilt
- Replacement for temporarily discontinued Rutgers varieties.



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.

Herbs



Bolivian Coriander: Quillquiña

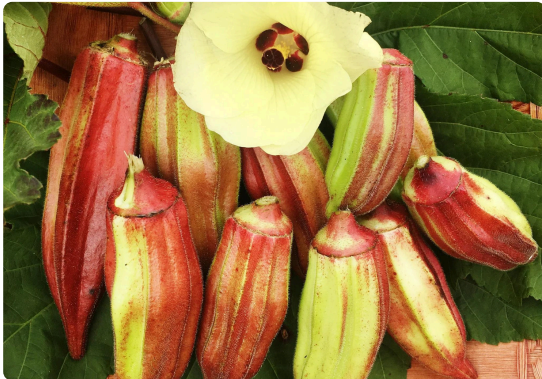
- Days to maturity: 75
- Quillquiña is a lesser known variety of Papalo that is more widely grown in the Andes - particularly in Bolivia and Peru. Unlike the larger and greener Mexican Papalo, they have thinner, purpler leaves, and they flower much earlier.
- People have also said it tastes like arugula, rue, and citrus. The flavor bursts in your mouth, and even brushing past the plant can fill the air with essential oils.

Okra



White Velvet

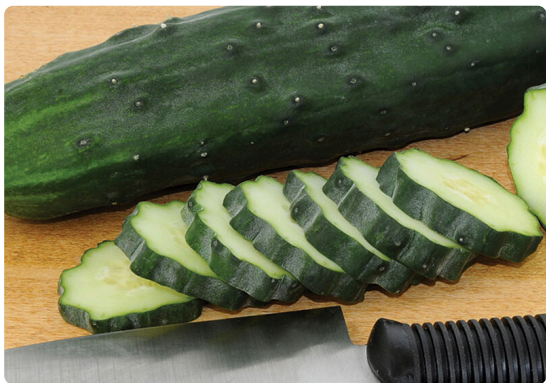
- Days to maturity: 65
- Loaded with long, white, velvety, and spineless fruits, this is a gorgeous and delicious variety eaten fresh off the plant, cooked, or canned.
- White Velvet Okra has been an important part of Southern foodways (particularly in Alabama) for over 100 years.
- White Velvet Okra has been designated by Slow Food as an outstandingly tasty, culturally important, and endangered heirloom from Alabama, Mississippi, and Louisiana, and is listed in their Ark of Taste as a way to invite everyone to take action to help protect it.



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.



Suyo Long

- Days to maturity: 61
- Long-fruited variety popular in China.
- A sweet-flavored, ribbed fruit growing up to 15" long.
- Widely adapted, grows well in hot weather, and sets early.
- Try using this unusual-looking cucumber in salads, for bread-and-butter or mixed vegetable pickles.
- Excellent eating quality. Bitter-free.



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



Green Machine

- Days to maturity: 45
- Uniform, medium green with light flecking.
- Open plant habit with moderate spines. High yields of straight, 7–8" fruits.
- An excellent disease package keeps the plants healthy and producing for a full season 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.
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Safari

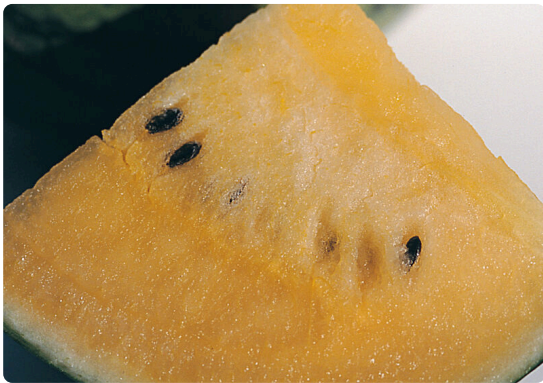
- Days to maturity: 50
- Green zucchini with attractive white stripes.
- A prolific yielder of attractive, glossy, cylindrical fruits that are easy to pick due to the nearly spineless plant

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: New Orchid

- Days to maturity: 80
- Sweet, bright orange flesh.
- Beautiful appearance inside and out.
- New Orchid's outstanding, sherbet-like taste makes it a real people pleaser.
- The fruits are a medium-large "icebox" size, avg. 7–9 lb., and oval-round.



Canary Melon: Brilliant

- Days to maturity: 75
- The smooth yellow melons avg. 5–5 1/2" X 4 1/2–5 1/2" and about 4 lb.
- Flesh is very sweet and juicy. Harvest when fruit turns dark yellow, at forced-slip stage, or cut from vine.

Winter Squash



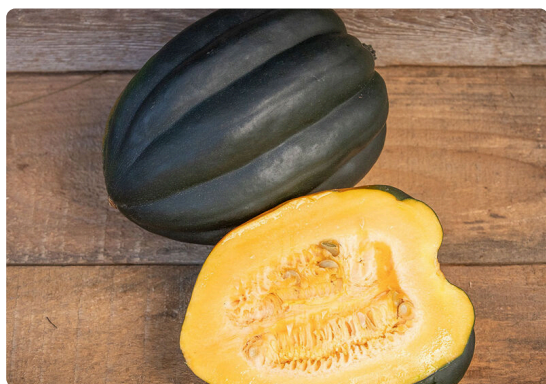
Butternut: Waldo

- 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.



Caribbean Pumpkin: "Jamaican Pumpkin"

- Days to maturity: 85-105
- Sweet, beautiful orange flesh and a dark green skin with light green streaks.
- Variety from Marlene Wilks, originally from Jamaica, who grows traditional Caribbean crops in East New York, Brooklyn.
- Also known as West Indian Pumpkin, Calabaza.

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.



Blue Hubbard

- Days to maturity: 100
- A beloved heirloom with a hard, bumpy, blue-green shell.
- Medium-dry, medium-sweet yellow flesh.
- Avg. weight: 12–15 lb., with some larger.



Marine Gray Kabocha

- Days to maturity: 90
- Flaky, dense, nutty, and sweet flesh like something between pumpkin and sweet potato.
- This Japanese pumpkin is great in tempura, soup, porridge, croquettes, deserts, and even simply steamed or roasted.
- About three 2.5-3.5 pound fruits per plant.