












**BEAUTIFUL FALL AND WINTER VEGETABLES
BBY EDIBLE PLANT SALE, SEPTEMBER 18**





The Master Gardener Food Gardening Specialists (FGS) are excited about the upcoming [Bloomin' Backyards \(BBY\) Garden Tour and Market](#) on September 18. You will find us in two of the [tour gardens](#). Cathy's garden, a small working farm, features straw bale planting, 3 sister companion planting, seed saving and seed balls. In Gina's garden, vegetables are planted in a number of metal troughs. The FGS designed one of Gina's food troughs to demonstrate companion planting. And, for the first time, we are propagating and selling beautiful fall and winter vegetables.



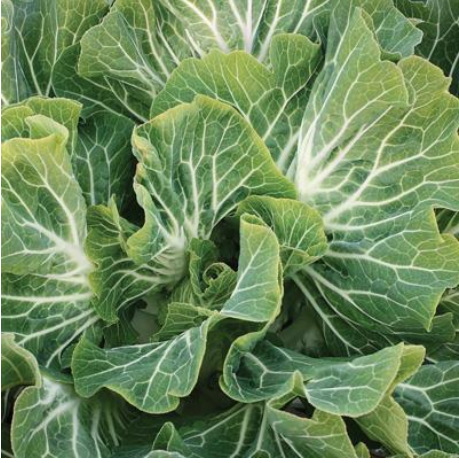

Master Gardeners Elaine Walter and Susan Roth selected crops and varieties for the edible plant sale based on three criteria besides aesthetic beauty 1) growing ease and, where there were choices, 2) an earlier date of maturity and 3) heat tolerance. Not only are these fall and winter vegetables beautiful, they are some of the most nutritious crops that you can grow (i.e., they contain the most micronutrients—vitamins, minerals, phytochemicals and antioxidants—relative to their calories). Enjoy the beauty of the crops selected for the BBY edible plant sale, and come early to Gina's garden for the best selection.




<p>ARTICHOKE 'Green Globe Improved'</p> <ul style="list-style-type: none"> • Perennial • 150-180 days to maturity • Spacing: 3 square feet 	
<p>ARTICHOKE 'Purple of Romagna'</p> <ul style="list-style-type: none"> • Perennial • 180-240 days to maturity • Spacing: 3 square feet 	
<p>ASIAN GREENS Bok Choy</p> <ul style="list-style-type: none"> • 45-55 days to maturity • Harvest young for "baby bok choy" • "Cut and come again" optional • Spacing: 18" 	

<p>ASIAN GREENS <i>Brassica juncea</i> 'Golden Streaks'</p> <ul style="list-style-type: none"> • 45 days to maturity • Mild, sweet mustard flavor • Harvest outer leaves first • Spacing: 6-10" 	
<p>ASIAN GREENS Mizuna</p> <ul style="list-style-type: none"> • 40 days to maturity • Less pungent than other mustards • Cold and heat tolerant • Ornamental uses • Spacing: 6-10" 	
<p>ASIAN GREENS Tah Tsai (aka Tat Soi)</p> <ul style="list-style-type: none"> • 40-50 days to maturity • "Spinach mustard" • Harvest outer leaves • Spacing: 6-10" 	
<p>ASIAN GREENS 'Soloist' Chinese Cabbage</p> <ul style="list-style-type: none"> • 40-50 days to maturity • Sweet 1-1/2 to 2 lb. heads with golden centers • Heat tolerant; mildew resistant • Prefers descending hours of daylight • Spacing: 12-18" 	

<p><u>BROCCOLI</u> 'Di Cicco'</p> <ul style="list-style-type: none"> • 48 days to maturity • Harvest main head at 3 inches to encourage side shoots • Spacing: 18-24" 	
<p>BROCKALI aka Apollo Broccoli</p> <ul style="list-style-type: none"> • Cross between broccoli and Chinese kale • 60 to 90 days to maturity • Harvest main head then harvest long side shoots • Spacing: 18-24" 	
<p><u>CABBAGE</u> 'Green Presto'</p> <ul style="list-style-type: none"> • 50 to 55 days to maturity • Fusarium Wilt resistant • 2 to 3-1/2 lb. heads • Heat tolerant • New, compact hybrid • Spacing: 18" minimum 	
<p><u>CAULIFLOWER</u> 'Mulberry'</p> <ul style="list-style-type: none"> • 85-95 days to maturity • Color deepens when cooked or dipped in vinegar • Spacing: 18-24" 	

<p>CAULIFLOWER 'Purple of Sicily'</p> <ul style="list-style-type: none"> • 90 days to maturity • Purple changes to striking green when cooked • Big 2-3 pound heads • Spacing: 18-24" 	
<p>ROMANESCO</p> <ul style="list-style-type: none"> • 100 days to maturity • Sometimes called broccoflower and sometimes called broccoli, but cook it like cauliflower • Spacing: 18-24" 	
<p><u>CHARD</u> 'Ruby Red Rhubarb'</p> <ul style="list-style-type: none"> • 50-60 days to maturity • Good container variety • Spacing: 8-12" minimum 	
<p><u>COLLARDS</u></p> <ul style="list-style-type: none"> • 61 days to maturity • Variegation does not develop until first frost • Each plant has a different pattern with white and purple variegations • Spacing: 18-24" 	

<p>KALE 'Scarlet'</p> <ul style="list-style-type: none"> • 30 days (baby), 55 days to maturity • 2-3 feet tall, 2-feet wide • Sweeter after frost • Spacing: 18' minimum 	
<p>KALE 'Nero Toscana'</p> <ul style="list-style-type: none"> • AKA 'Lacinato,' dinosaur, black palm • Savoyed leaves • 30 days baby/65 to maturity • Spacing: 14-18" 	
<p>KALE 'Beira Tronchuda'</p> <ul style="list-style-type: none"> • AKA Portuguese kale, Portuguese cabbage and sea kale • 85 days to maturity • 2 feet by 2 feet • Growth pattern (but not taste) like collards • Cold and heat tolerant • Spacing: 18-24" 	
<p>KALE 'Dazzling Blue'</p> <ul style="list-style-type: none"> • 50-60 days to maturity • Puckered brilliant blue-green leaves with shocking pink midribs • Spacing: 18" minimum 	

<p><u>LETTUCE</u> 'Merveille Des Quatre Saisons'</p> <ul style="list-style-type: none"> • 58 days to maturity • Heirloom Bibb or Butterhead • Best color in cool seasons • Heat tolerant • Spacing: 10-12" 	
<p><u>RADICCHIO</u> 'Palla Rossa Mavrik'</p> <ul style="list-style-type: none"> • 65 days to maturity • Rounded heads, tangy flavor • Needs day/night temperature fluctuation • Spacing: 8-10" 	
<p><u>RAPINI</u> aka Broccoli Raab</p> <ul style="list-style-type: none"> • 42-60 days to maturity • "Cut and come again" • Flowers are edible • Spacing: 6-10" 	

Acknowledgements: This document is an adaption of a presentation prepared by Master Gardeners Elaine Walter and Susan Roth who, also, selected the crops and varieties for the edible plant sale. Propagation took place at the Harvest for the Hungry Garden in Santa Rosa. The garden made this project possible by donating seeds, soil, water, space and volunteers. Master Gardeners Fred Jarvis, Annie Weaver and Celeste Roberson worked on the actual project. The BBY Edible Plant Sale is a result of their contributions.