

Fort Bend County Master Gardeners

2019 Fall Vegetable-Herb Plant Sale

October 12, 2019

9:00 a.m.-12:00 noon

Visit www.fbmng.org for full details about the sale.

VEGETABLES

BROCCOLI

PACKMAN—Plant produces good yields of very flavorful broccoli. Widely adapted to different climates and soils, and you can grow it all season. An easy to grow favorite of home gardeners. **Plant Height:** 24" tall. **Light:** Full Sun. **Plant Spacing:** 18-24" apart. **Harvest:** cut entire head.

RAPINI — HEIRLOOM - Known as "cima di rapa" or "rapini," this robust and rich-tasting traditional Italian heirloom is a quick growing, cool season favorite. This Italian high-yield non-heading broccoli is grown for flavorful, tender flower shoots and leaves. The tender stems, buds, flowers, and leaves have a wonderfully delicate and slightly bitter, peppery broccoli flavor. These vitamin-rich greens, that can be enjoyed in salads, stir-fries, or steamed. Known in Italy as "broccoletti". **Light:** Sun/Partial Sun. **Plant Height:** 20"-28". **Water:** Consistent supply of moisture throughout the growing season. Irrigate regularly for best results. **Harvest:** Both leaves and 7-8 inches tall flowering stalks can be harvested when heads are tight and before flower buds open. After cutting, water plants well for a second harvest in a few weeks. Treat this as a cut and come again plant. Regular harvesting encourages continued production. Flavor improves with cooler temperatures.

BRUSSELS SPROUTS

JADE CROSS—1959 All America Winner, about 2 1/2' tall at maturity. Sprouts are borne all the way up the stalk. Flavor is excellent and yield very abundant. **Light:** Partial Shade /Full Sun **Plant Spacing:** 18-24" apart. **Harvest:** Start picking from bottom up, when they are firm and 1" across, cutting off the leaf below the sprout. To harvest all the sprouts at once cut off the top of the stalk 4-8 weeks before you want to harvest or when lower sprouts reach 1/2" in size. **Tip:** A heavy feeder- transplant into well composted soil.

CABBAGE

EARLY JERSEY WAKEFIELD—After nearly 170 years, still one of the best picks for a small, early cabbage. The 2-4 lb., pale green, pointed heads have a delicious flavor, few outer leaves and can be planted close together. Resists yellows and splitting. **Light:** Partial Shade /Full Sun. **Plant Spacing:** 12-15" apart. **Water:** Maintain consistent moisture to prevent heads from cracking. Water on the sides of the plant and avoid wetting any part of the plant. **Harvest:** If the heads feel solid by pushing on them lightly, they are ready to harvest. Harvest as soon as possible for early varieties to prevent splitting. Later maturing varieties will hold longer. **Tips:** Mulch, provide fertilizer, and adequate moisture for optimum growth.

RUBY BALL - Firm, red, 6-8-inch round heads have a mild, sweet flavor and weigh a manageable 3-4 pounds. Ruby Ball can stand unfazed in the garden for 6 weeks without splitting, which allows the gardener extended fresh harvests and stores well after harvest. Cabbage is a hardy cool-season crop that does best under cool, moist conditions. **Light:** Full Sun. **Water:** Normal. **Plant Height:** 10-24". **Plant Spacing:** 24-30" apart. **Harvest:** Cut full head at base.

CAULIFLOWER

EARLY SNOWBALL—Heirloom variety was introduced in the mid-1800s. Heads are about 5-6" across and quite erect, top is smooth and an attractive creamy shade. **Light:** Sun- Part Sun **Plant Spacing:** 18" apart. **Harvest:** Tie up leaves around heads to blanch (keep white). Watch closely and pick before the curds begin to loosen. **Tips:** A heavy feeder, plant in rich, well composted soil and side dress when buds begin to form.

SNOW CROWN — Heads are medium large, reasonably early, with many exceeding 2 pounds in weight. This All America Award winner produces dependably even under adverse conditions. **Light:** Sun- Part Sun. **Plant Spacing:** 18" apart. **Harvest:** Tie up leaves around heads to blanch (keep white). Watch closely and pick before the curds begin to loosen. **Tips:** A heavy feeder transplant/direct seed into rich, well composted soil and side dress when buds begin to form.

CELERY

UTAH—Taller and greener than the other varieties, the bottom portion of the stalk can run close to a foot in length. A better choice for short season areas. **Light:** Sun. **Water:** Keep evenly moist. **Plant Height:** 1–2ft. **Harvest**– Cut single stalks over 8-10" from outside in. Cut only the stalks needed to extend production over season. **Tips**- A heavy feeder. Add compost to planting area then fertilize regularly, and mulch.

GREENS

COLLARDS- VATES—This is a large plant in the brassica family, popular in the South although easily grown anywhere. It is slow to bolt and tolerates cold and frost. Usually eaten cooked instead of raw, the flavor seems to improve after a frost. Collards can also be added to baked dishes and quickly braised. Consider cooking with a cider vinegar or soy sauce and sesame oil. Vitamin content is excellent. Leaves are an attractive blue green. Requires several square feet of space when fully mature. **Light:** sun. **Plant Spacing:** 14-18" apart. **Plant Height:** 24".

MUSTARD—FLORIDA BROADLEAF— HEIRLOOM - This variety of Mustard is a southern favorite for fall planting. Mustard greens are a cool season crop and do not do well in the summer heat. Mild-flavored mustard, producing large savory green leaves. Delicious either steamed, sautéed or eaten raw in a mixed green salad or sandwich. **Plant Height:** Up to 25". **Light:** prefers full sun or partial shade. **Plant Spacing:** 6" apart. **Water:** Mustard greens need plenty of water to thrive, keep an eye on rainfall to prevent wilting. **Harvest:** Pick mustard greens when the leaves are tender and young. Cut the whole plant at the base or cut only the leaves needed for a meal.

PAK CHOI- WIN-WIN CHOI- Win-Win Choi has large bulky, uniform white-stems that are very tasty. This vase-shaped Pac Choi is similar to Joi Choi, just a little smaller and more compact. In the South, Pac Choi is well adapted for fall plantings. **Plant Spacing:** 10-12". **Plant Height:** 10"-12" tall. **Light:** Sun/Part Shade. **Water:** Requires even moisture and 1 - 2 inches of water per week. **Harvest:** Harvest before flowering. The plant can be harvested by cutting down the entire plant or picking each leaf individually as they grow. Discard any yellow leaves and pick the leaves when they are young and tender, as older and larger leaves taste more bitter.

SPINACH - BLOOMSDALE LONG STANDING -HEIRLOOM- A great cool season crop, deep green leaves produce abundant yields of delicious nutritious spinach. This is the spinach preferred by most home and market vegetable growers. **Plant Height:** 10"-12" tall. **Light:** Sun/Partial Shade, adaptable to sun or shade. **Plant Spacing:** 12" apart. **Water:** average, well-drained soil. Keep plants well-watered during dry periods to help promote growth. Plants need about 1 inch of rain per week during the growing season. If watering with overhead sprinklers, water early in the days so the leaves have time to dry off before evening, to minimize disease problems. **Harvest:** Abundant harvest of large, dark green leaves. Pick the leaves once the outer leaves reach 3 inches in length. To harvest the whole plant at once, cut at the base, or leaves can be picked off one layer at a time for smaller harvest. Don't wait too long to harvest, or wait for larger leaves, as the leaves can quickly become bitter after maturity.

KALE

BLUE CURLED SCOTCH— This heirloom is an extremely hardy compact plant, yielding tender, blue-green, crinkled leaves that are quite delicious; very cold-hardy, and rich in vitamin A. The variety was first mentioned in garden texts about 1863. Kale grows until it is about 20 degrees F - a touch of frost sweetens the flavor. Use it as spinach substitute in Greek dishes, in a stir fry, or raw in smoothies, salads and sandwiches. Tastes great and very prolific. **Light:** Full/Partial Sun. **Plant Height:** 12"-15". **Plant Spacing:** 18"-24" apart. **Water:** Needs regular, even watering to avoid bitterness. **Harvest:** Kale is ready to harvest when the leaves are about the size of your hands. Harvest young leaves for salads. Older leaves are best steamed or cooked. Flavor improves after a light frost. Avoid picking the terminal bud at the top center of the plant, as this will keep the plant productive. Only pick the amount of leaves needed for a dish per harvest.

RUSSIAN RED—HEIRLOOM — Kale is a staple in Eastern European cooking. Ease of growth, variety of uses, nutrition and delicious flavor (particularly after a frost) make kale an ideal addition to any garden & diet. Tender, oak shaped leaves change from reddish green to red after a frost. May be left in the garden for harvest throughout the winter. **Light:** Sun to part sun. **Plant Spacing:** 12-24" apart. **Harvest:** Pick young leaves starting at 8-10" long from the middle upward. **Tips:** Leaves become very sweet after frost.

KOLRABE

DELICACY WHITE- Kohlrabi may look like something from out of this world, but this member of the cabbage family is very down to earth. Growing just above-ground, it is an easy and prolific vegetable to grow. Beautiful, smooth globes are a lovely, light green, quite uniform, and the flesh is tender and of high quality. They stay tender even as they mature. A member of the Brassica family this variety has a crisp delicate, sweet flavor and incredible crunch like a water chestnut. The young stem can be as crisp and juicy as an apple, although much less sweet. The outer skin peels off without much effort to uncover a dense white flesh. The taste is difficult to describe, if you can imagine a cross between a pear, a turnip, and a potato; but with notes of cauliflower and celeriac. When cut into sticks, they are juicy and mild. Chop, grate or slice and add to coleslaw and salads, vegetable platters or used as a substitute for cabbage, radishes and water chestnuts. To liven up soups, stews or stir-fries, add some cubed kohlrabi near the end of cooking so it keeps its crunch and distinctive flavor. Also, good tossed into oil and roasted in the oven. **Plant Height:** 12"-18". **Light:** Sun. **Plant Spacing:** 12"-15" apart. **Water:** Make sure they get at least an inch of water a week, soak the ground during periods of drought. Give additional water during dry and hot spells. Adequate moisture prevents the bulb from turning tough and woody. Mulch to retain moisture. **Hardiness:** Frost-tolerant annual. **Harvest:** Clip young leaves for eating as steamed greens throughout the season. Pull the swollen stem bases ('globes') when they are midway in size between a golf ball and a tennis ball, three to five inches.

LETTUCE

ARUGULA—A somewhat pungent salad green. Young leaves are sort of nutty and mustardy. Older leaves can become unpleasantly bitter, the leaves of arugula provide a spicy zap when added to a salad. (Young leaves taste best.) You can also sauté or steam them like spinach or other leafy greens. Plants look a little like dandelion, but more open. Leaves grow best in cool weather. **Light:** Full sun, will tolerate partial shade. **Plant Spacing:** 12-18" apart. **Plant Height:** 6-12". **Water:** Moist but well drained soil.

BUTTERCRUNCH—This Bibb type produces a loose head, 8 to 9" across. Dark green and slow to bolt, **Light:** Sun. **Plant Spacing:** 8-12" apart. **Harvest:** Cut whole head at base or individual leaves before lettuce starts to bolt and becomes bitter in the warmer weather. Plant into fertile soil with lots of organic matter and adequate water for optimum growth.

OAK LEAF - The most heat-resistant variety of lettuce. The taste never turns bitter. The crisp flavorful leaves form a tight center with loose outer leaves. Tender and tasty leaves are medium green and have an oakleaf shape. **Light:** Sun. **Plant Spacing:** 10" To 12". **Water:** Provide water to prevent wilting in hot afternoons. **Harvest:** The individual leaves can be picked to provide any size salad; plant will continue to grow during the season.

RED SALAD BOWL—Introduced in the early 1950s. Red salad bowl is deeply lobed, burgundy red and delicious. The cooler the weather the more intense the burgundy color becomes. Can be grown as baby lettuce as well as full size. Slow to bolt. **Light:** Sun. **Plant Height:** 9"-15". **Plant Spacing:** 8-10 "apart. **Harvest:** Cut leaves as needed for salad, will continue to grow and produce new leaves throughout season.

SWISS CHARD

BRIGHTLIGHTS—An almost neon in appearance, the leaves are green, with veins of vibrant color, red, orange, or yellow running through them. **Light:** Sun. **Plant Spacing:** 10-15" apart. **Harvest:** Remove outer leaves starting at 6". **Use:** Add young raw leaves in a salad (30 days) or briefly cook mature leaves (50 days) to maintain their color. Use the leaves and center ribs cooked or raw. **Tips:** Great for planting in an ornamental edible garden for color effect.

HERBS

CHAMOMILE—ROMAN — Translated from the Greek, "chamomile" means ground apple, referring to the apple-like odor and the fact that it makes a fine ground cover and substitute for grass. The dried flowers are used to make a tea, and in potpourri. **Plant Spacing:** 8-12" apart. **Light:** Sun to part shade. **Harvest:** Gather leaves and flowers when in full bloom.

CHIVES- GARLIC— Perennial. Resembles onion chives but leaves are flatter and more grass-like. Does not spread as rampantly as its cousin. Lovely as an ornamental with white flowers arranged in a half-sphere on very straight stems. Young leaves are most tender and work well in egg dishes, soups, marinades and Asian cooking (dumplings, pot stickers, and dipping sauces). Leaves may be used fresh or dried. **Light:** sun / part shade. **Plant Height:** 18-24". **Plant Spacing:** 12-15" apart. **Water:** as needed. **Harvest:** Individual leaves may be harvested before flowering once the plants are established. **Note:** Mature chive clumps should be divided every 3 to 4 years.

CHIVES—ONION—Culinary -Perennial, Onion-like flavor comes from the leaves which are generally chopped finely. The light lavender flowers can be added to your favorite salad, just break the head apart. **Light:** Sun/ part shade. **Plant Height:** 12-14". **Water:** as needed. **Harvest:** Individual leaves may be harvested once the plants are established. Cut leaves before flowering begins. **Tip:** Leaves may be used fresh or dried. Used in sour cream, cream cheese, soups, and a great variety of other dishes.

CILANTRO -CARIBE—Primary use of cilantro leaves is in Latin American and Asian cooking. This variety is bred to maximize foliage production and is slow to bolt. Can produce three times the yield of regular cilantro over a much longer period. It is often used in combination with tomatillo, tomatoes, and chilies, creating unforgettable sauces. It is also known as Mexican parsley or Chinese parsley. **Light:** Sun, exception-needs some afternoon shade in summer. **Plant Height:** 10-18". **Water:** Keep watered in dry weather. **Harvest:** Pick stems and leaves as needed for cooking.

DILL—FERNLEAF—An All-American Winner in 1992. This variety is smaller than other dill varieties and can be grown in containers and the smallest of gardens. It is a lovely ornamental plant with its yellow flowers, deep green foliage, and compact growth habit. Dill, like parsley and fennel, draws the larva of the black swallowtail butterfly. Plant enough to feed yourself and the caterpillars. Far from a pest, the butterflies are often encouraged by gardeners who plant dill and parsley in patches just to attract them. **Light:** Sun. **Plant Spacing:** 12-15" apart. **Plant Height:** 18-24". **In the Garden:** Plant dill far away from fennel, since the cross-pollination of these herbs produces variable results. **Harvest:** Keep plants cut to delay flowering to extend harvest or harvest the whole plant as soon as it flowers. Enjoy the leaves at their peak when they are fresh, finely chopping for best flavor. **Uses:** In addition to pickles, use in salad dressing, sauerkraut and even bread.

FENNEL—FLORENCE— Swollen stem bases add anise-like flavor when sliced in salads and stir-fries. Use leaves to flavor fish and vegetables. Dry seeds to use in baked goods, soups and sausages. **Light:** Full Sun. **Plant Spacing:** 8-12" apart. **Harvest:** Bulb, leaves, seeds and stem are edible. **Tips:** Plant far away from Dill, to prevent cross-pollination.

LEMON GRASS – WEST INDIAN - Lemongrass is a grass-like herb whose tender shoots and leaves are used to impart a delicate hint of lemon in many Asian dishes. Lemongrass roots are typically hardy in USDA zones 8b and 9, and in these zones, the plant may return year after year, if the winter weather is mild. In the ground, wrap the plant if the weather is below 35 degrees. Can be grown in a container with a good potting mix or compost mixed. Drainage holes should be large enough to prevent boggy soil. Both in ground and container plants stop growing in winter. Provide good circulation if overwintering a container indoors to deter mildew. **Plant Height:** 20-60". **Plant Spacing:** 18-36" apart. **Light:** Full sun to light shade. **Watering:** Water to keep moisture levels up and add mulch over the top of the soil to retain moisture. Scale back watering in cooler temperatures if the plant is actively growing. It grows best in warm, humid conditions. The best time to water any plant is early morning or late afternoon, and watering lemongrass is no different. These plants should never be allowed to dry out completely. **Growing:** Lemon grass also prefers warm, 60-85° F (15-29° C), humid growing conditions. If in a container lemon grass can be brought indoors for the winter. The use of a layer of organic mulch can enhance soil water retention while also adding nutrients slowly to the soil. **Harvest:** Individual stalks can be harvested as needed by cutting or pulling them from the base of the plant. To harvest the entire plant, cut the stalks off at the base of the plant. The plant will slowly sprout new stalks.

MARJORAM—Marjoram is part of the mint family and is a sub-species of oregano. It's a delicate herb with a sweet, floral, lightly spiced fragrance. An elegant and versatile culinary herb with a fragrance similar to oregano, but sweeter and with a hint of balsam. The gray-green colored foliage provides an interesting color contrast in borders. Plants work great in a container or the herb garden. Attracts bees and other beneficial insects. Hardy enough to basically care for itself. It is a staple herb found in a wide array of Greek and Mediterranean recipes. Looks similar to and often confused with oregano, but there is a distinct difference that sets them apart. The oval, flat green leaves of marjoram have a distinct smell and flavor. Marjoram is floral and woody while oregano tends to be pungent and spicy. **Plant Height:** 2 feet. **Plant spacing:** 10 "– 12". **Water:** Established plants require little care, other than occasional watering. Since marjoram is tolerant of drought. **Light:** Full sun. **Harvest:** Pick leaves or small stems as needed but just before the flowers begin to open. This results in the best flavor, as fully opened blooms produce a bitter taste. To dry Marjoram bundle cuttings and hang them upside down in a dark, dry, well-ventilated area. **Uses:** fresh or dried marjoram leaves are found in salad dressing, marinades and sauces. When use in cooked dishes it is best added at the end of cooking time. Swapping in pungent oregano can prove to be overpowering in a recipe that calls for marjoram, and the delicate, sweet flavor of mild-mannered marjoram might not come through in a recipe that calls for oregano. Add marjoram to flavor vegetables, pasta, pizza, stew, pork, fish, and lamb dishes.

MEXICAN MINT MARIGOLD—TEXAS TARRAGON (*Tagetes lucida*) -Used as a substitute for French tarragon. Often compared to licorice and anise. Leaves are best used raw or added at the end of cooking. Goes well in fish and chicken dishes, soups, salads, pesto, and vinegars. In Mexico, leaves and flowers are used for tea. Can be used for dried flower arrangements. Does very well in hot climates. **Light:** Full Sun/partial shade. **Plant Height;** 2 feet. **Water:** Low. **Tip:** Attracts bees.

OREGANO—GREEK—This oregano has the true flavor that we have come to associate with pizza sauce and other Italian dishes. Add the pungent green leaves for great flavor. Form is upright with a low-growing spreading habit. **Light:** Full sun. **Plant Height:** 6-8" tall. **Harvest:** Pick stem of leaves as needed.

PARSLEY—FLAT LEAF—Also called Italian parsley, its uses are similar to the curly variety, but the flavor is a bit stronger. Plants produce sprigs of large, flat leaves all season. Preferred in Italian cooking. **Light:** Sun to part shade. **Plant height:** 1 foot tall. **Tips:** Plant in fall or spring. Frost tolerant.

ROSEMARY-PROSTRATE -Low-spreading, evergreen shrub or groundcover due to its height which reaches only up to 3 feet high and 4-8 feet in its spread. Leaves are leathery green, and very aromatic. Pale-blue flowers from early to mid-summer. Creeping Rosemary will trail over walls or edge of a raised bed to make a curtain-like effect, it can even be used in large mixed containers. Must have a well-drained soil. Great for xeriscape gardens. **Water:** Low to Medium. **Light;** Full Sun. **Plant Height/Width:** 3 ft. high and 4-8 ft. wide.

ROSEMARY—UPRIGHT—Attractive fragrant needle-like grayish green leaves remain throughout the year and present pretty lavender-blue flower blooms in the spring. **Plant Height/Width:** 4 feet high at maturity and spread 3 feet. **Light:** Full sun. **Water:** Prefers dry to average moisture with very well-drained soil. **Tips:** Grows well in a container. Deer resistant. The leaves are a mainstay for cooking and as garnish.

SAGE—CULINARY—*Salvia Officinalis*. A strong, herbaceous perennial, it is a good fall and winter plant in hot climates. The broad grey-green leaves and beautiful purple flower spikes make this a fantastic ornamental. **Light:** Full sun. **Plant Height:** 12-36". **Plant Spacing:** 18-24" apart. **Water:** Needs good drainage. **Uses:** Add the uniquely flavored leaves to sauces, stuffing, poultry, pork, and sausage. It provides a lovely fragrance and flavor to a dish, especially when leaves are sautéed before adding.

SALAD BURNET—A perennial that produces white or rosy flowers. Leaves are used in salads for their cucumber-like flavor. Keeps growing from fall through summer, may die back with cold temps but will return. **Light:** Sun to Shade. **Plant Height:** 12-18". **Uses:** Toss into leaves salads. a real find for those who love the taste of cucumber but find it somewhat difficult to digest. Also use in a garden bed as a low border plant.

THYME – FRENCH (*Thymus vulgaris*) Softly mounding plants of cascading gray-green thyme leaves are a good accent in every garden. Intensely aromatic thyme is indispensable in all kinds of savory dishes throughout the classic Mediterranean cuisines of France, Italy and Greece and enhances both Cajun and Creole food. Use the spicy little leaves every day to combine and blend beautifully with the flavors of lemon, garlic, basil and parsley for seasoning vegetables, seafood and poultry. **Light:** Full Sun. **Plant Height:** 8 – 12". **Harvest:** Given a sunny location with good drainage, easy-growing thyme plants are reliable, productive and long-lived garden perennials. Little lilac flowers bloom in midsummer. cut back foliage halfway when the blossoms fade to keep plants looking fresh. Cut leafy thyme sprigs as needed once plants are well established. **Tips:** Thyme is easy to freeze or dry. Frost hardy. Attracts butterflies & bees.