

# Good Root Growers

## 2023 Veggie Herb Plant List

Plant		Heirloom	Open Pollinated	Organic Seed	Hybrid	Days to Maturity	Avg Wt /Size	Remarks
Alliums	Green Onion - Summer Island		✓			55	12"	Japanese bunching onion - mellow, sweet flavor, cold hardy
	Leeks - King Richard		✓	✓		100	18-30"	Very dark blue/green foliage, holds in fields for fall harvest, overwinters if moderate, mild onion flavor
	Onion - Red Carpet			✓	✓	118	3-1/2"	Deep maroon-skinned, with juicy, firm, thick rings, heavy, long, harvest, ultra-reliable red keeper
	Onion - Cortland			✓	✓	105	3-4"	Thick copper skin, fine necks, and round shape, uniform size, adaptable, standard yellow keeper
	Onion - Walla Walla		✓	✓		125	2"	Sweet Spanish onion, juicy and mild, not for storage
	Shallots - Conservor			✓	✓	110	2"	darkest red-skinned variety available from seed, smooth onion-y taste, bulbs store through April
Brassica & Apaceases	Broccoli - Belstar	✓	✓	✓		70	6"	Beautiful uniform blue-green heads of densely packed florets ideal for cold and warm weather planting
	Brussel Sprouts - Long Island	✓	✓	✓		90	24"	Compact plants yield 50-100 dark green 1½" sprouts over an extended period.
	Cabbage - Early Jersey Wakefield	✓	✓	✓		63	5-7"	Green, uniform, compact medium 2-3 lb waxy looking heads are distinctively pointy, tender flavorful
	Cabbage - Mammoth Red Rock	✓	✓			100	8-10"	Red, firm flattened round 5-8 lb heads red-purple to the core, good keeper with a crisp sweet taste
	Cauliflower - Early Snowball	✓	✓	✓		85	6-7"	Smooth heads of tightly formed white curds are solid, crisp, and tender, excellent quality
	Celery - Tango		✓	✓		80	2'	Early variety with superior flavor and more tender stalks, keep consistently moist
	Fennel - Perfection		✓	✓		72	6"	Good performer - sauté with onions, sweet peppers and a little toasted sesame oil.
	Kohlrabi - White Vienna		✓	✓		63	2.5"	Pale green-skinned above ground bulbs, crisp white flesh, sweet turnip-like flavor, excellent raw or steamed
	Pac Choi - Prize		✓	✓		47	6"	Delicious mild flavor, succulent white stems and lush green leaves, uniform, vigorous, and bolt resistant
Greens	Collards - Georgia Southern	✓	✓			80	2-3'	Slow to bolt and tolerant of heat, cold, and poor soil, large cabbage-like leaves, tender, mild and juicy
	Kale - Dwarf Blue Curled Scotch		✓	✓		65	15"	Finely curled leaves, uniform low-growing with 20-35" spread, very hardy will overwinter zone 4 with mulch
	Kale - Lacinato		✓	✓		62	20"	Italian, blue-green strap-like leaves 3" wide by 10-18" long, excellent flavor, best eaten when small
	Swiss Chard - Rainbow	✓	✓	✓		60	20"	Shades of red, pink, white, yellow and gold, tender and delicious, color intensifies with delayed harvest
	Borage		✓	✓		55	2-3'	Cucumber flavor edible small blue flowers and young leaves, use in salads, tea, cough syrups, ice cubes
	Catnip		✓	✓		85	24"	Perennial- deer resistant, fly and mosquito repellent. 12-24" wide. Medicinally used for fever and digest aid
	Chamomile - German		✓	✓		65	24"	Fragrant self seeding annual. Small white edible flowers appear early through midsummer. Calming effect
	Chives		✓	✓		80	12-18"	Hollow, grass like leaves, hardy perennial, Asian remedy for colds and flu, enjoy fresh or dried
	Cilantro - Caribe		✓	✓		55	20-30"	Long standing annual, late to seed (for coriander), lots of flavorful foliage, chelating agent
	Curry			✓		NA	12-24"	Helichrysum italicum - aromatic silvery leaves for use in potpourris and wreaths,
	Dill - Bouquet		✓	✓		55	12-24"	Annual, biggest, ferniest with good seed and leaf yields, most widely grown variety
	Dill - Fernleaf		✓			55	18"	Dwarf annual, slow to bolt abundant foliage for extended pickling season
	Hyssop - Anise		✓	✓		85	30"	Lemony - licorice flavored leaves & flowers, use in teas, seasonings, strengthens heart, for fevers, colds, coughs
	Lavender - Monstead		✓			NA	18"	Perennial to zone 4 if mulched, medicinal, compact bushy plant w/ aromatic purple flowers
	Lemon Balm		✓	✓		70	18-24"	Perennial, edible flowers, medicinally for colds, flu, headache, sedative, digestion, cold sores, antiviral

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							/Size		
Herbs	Lemongrass		✓			85	3-4'		Pot to indoors as perennial, used for flavor, teas, medicinally for digestion, fever, anti-inflammatory
	Loveage		✓	✓		90	6-8'		Perennial leaves taste like celery, used for tonic salads, potatoes, rice, poultry, seeds in bread and pastry
	Marjoram		✓	✓		90	18"		Low bushy plant with trailing stems, pot to indoors as perennial, sweeter more balsam-like than oregano
	Mojito Mint		✓			85	12"		Cuban mint milder than its northern relative. Popularized drink with added rum and lime, Not cold hardy - root propagation
	Oregano - Greek		✓	✓		80	12-24"		Perennial to zone 4, dark green leaf, white flower, medicinal for indigestion
	Parsley - Curly		✓			75	12-16"		Dense triple-curved medium-green parsley holds its color, excellent stalk flavor
	Parsley - Leaf		✓			75	16-18"		Sweet, smallest flat leaf offered, uniform growth
	Peppermint		✓				12-24"		Perennial, true to type through propagation, excellent for culinary or medicinal use, invasive - root propagation
	Rosemary		✓	✓			12-24"		Pot to indoors as perennial, medicinally used for headaches, circulation. Sturdy stems use as skewers!
	Sage		✓	✓		90	2-3'		Small lavender flowers, medicinally used for digestion and nerves
	Savory, Winter		✓	✓		110	15"		Fragrant, green foliage with earthy subdued pepper flavor, used to season beans, meats and marinades
	Spearmint		✓				12-24"		Perennial, common mint: med-digestion, invasive - root propagation
	<b>Stevia - NEW</b>		✓	✓		NA	24"		A botanical sugar substitute used since the 16th century touting health benefits. Use fresh, dried, or powder to dissolve in liquid
	Tarragon - French		✓				2-3'		Perennial if mulched, anise flavored herb used to flavor meats and eggs - root propagation
	Thyme - English		✓	✓		90	6"		Perennial if mulched, vigorous, semi-upright plant, strong, earthy scent and flavor
Thyme - Lemon		✓	✓		NA	7"		Variiegated-upright with citrus flavor and aroma, used to season fish, saleads, and vegetables	
Basils	Large Leaf		✓			70	24-36"		The choice of many connoisseurs for making pesto. Also called Perfumed Basil – more aromatic
	Holy (Sacred)		✓	✓		100	24"		1-1/2" leaved annual, purple stems, synonymous with Tulsi tea, used medicinally for digestion and immune system
	Lemon - Mrs. Burns	✓	✓	✓		64	24-30"		1-1/2" leaved annual, intense lemony fragrance, from New Mexico
	Purple - Opal	✓	✓	✓		78	16"		3" flat, dark purple leaved annual
	Thai		✓			60	10-24"		2" leaved annual, purple stems/blooms, with anise-clove flavor
Slicers	Amana Orange	✓	✓			90	12 oz		Large-up to 2 lbs, orange beefsteak, mild, pleasant flavor
	Andrew Rahart		✓			90	1 lb		Large beefsteak slicer with a hint of tartness, intensely red, 4" fruits, high yield
	<b>Audrey's Love - NEW</b>		✓			78	3-4 oz		3' high dwarf tomato! Abundant crop of plum-shaped, mahogany w/green striping - delicious, mild, with well-balanced flavor
	Aunt Rubys German Green	✓	✓	✓		85	14 oz		Green blush light yellow w/amber/pink tinge, flavor is sweet, tart, rich, spicy
	Beefsteak - Mark Twain	✓	✓	✓		85	1 lb		Deep red interior and full body. Crack free and tender. Will not take much handling
	Black Krim	✓	✓	✓		80	14 oz		Russian, brown/red w/brown/green shoulder, bold smoky, full flavor, large slicer
	Brandywine Red	✓	✓	✓		78	1 lb		Deep pink skin/red flesh, excellent flavor, rich, spicy
	Cherokee Purple	✓	✓	✓		77	10 oz		Flat globe, dusky pink, dark shoulder with multicolored interior, full favor. Short vines, prone to sunburn
	Delicious	✓	✓			77	1 lb		Large-up to 3 lbs, excellent slicer, large meaty full flavor fruit with minimal crack

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Tomatoes - Saladette & C	German Johnson	✓	✓	✓		75	1.5 lbs	Brandywine variety, deep acidic flavor, rich creamy texture. Pink parent line to Mortgage Lifter
	Glacier - D		✓		✓	55	2 oz	Determinate - Bush tomato saladette size Extra early variety sets sweet 2" fruits in cooler temperatures.
	Gold Medal	✓	✓			80	2.5 lbs	Sweet, large and flattened, bi-colored fruit, orange-yellow with red streaks
	Green Zebra	✓	✓	✓		72	4 oz	Salad/slicer green stripe/w yellow blush, excellent flavor with tang, long production season
	Hungarian Heart	✓	✓			85	14 oz	Large pink oxheart, few seeds, almost no crack, for fresh eating, canning, and roasting
	Jaunne Flamme	✓	✓	✓		75	2-3 oz	French - salad sized fruits. Fruity and tangy. Perfect for snacking and drying. Crack resistant.
	<b>Lemon Boy - NEW</b>				✓	73	8 oz	Midsized bright yellow fruit, sweet with slight tang. Hefty and globe shaped. Ideal saladette slicer. Try a yellow Caprese!
	Mark Twain	✓	✓	✓		85	1 lb	Beefsteak with deep red interior and full body. Crack free and tender. Will not take much handling
	Mortgage Lifter	✓	✓			71	2 lbs	Huge-up to 4 lbs, deep pink, meaty, crack free, old fashioned flavor, high yields
	Mr. Stripy	✓	✓			85	1.5 lbs	Large-up to 2 lbs, red/yellow striped beefsteak, large ridge shouldered, mild, low acid
	Rose de Berne		✓	✓		80	6 oz	French, med size the delivers robust taste, pink and perfectly round
	<b>Rosella Purple - NEW</b>		✓			78	3-4 oz	3' high tree tomato! Perfect for a pot or small garden. Large yields, bold flavored with deep purple exterior & crimson interior
	Siletz - D		✓	✓		65	8 oz	Determinate/bush tomato. A reliable, flavor packed slicer nearly seedless/set in cool climes. Expect several bursts fruiting
	Wisconsin 55			✓		80	8 oz	Excellent all-purpose tomato, great for canning
Paste	Amish Paste	✓	✓	✓		85	10 oz	Best for sauces and canning, deep red fruits with "real tomato" flavor, medium acidity
	Opalka	✓	✓	✓		82	3x5"	Massive horn-shaped red fruits with dry texture and few seeds. The crinkly foliage normal, Polish heirloom
	Roma		✓	✓		65	5 oz	Paste tomato - productive with great disease resistance, thick walled, deep red with mild flavor
	San Marzano		✓	✓		78	5 oz	Slightly rectangular, bright red, extra solid, excellent flavor with balanced acidity, Determinate
Small & Husk	Indigo Cherry Drop		✓	✓		80	1.5 oz	Artisan dark blue anthocyanin coloration over red flesh, semi-determinate, good flavor with 'plummy' overtones
	Ground Cherry - Aunt Molly's	✓	✓	✓		70	12 gm	Polish variety prized for unique flavor, prolific, super sweet, husk turns brown when 1/2-3/4" fruit ripens
	Pink Bumblebee	✓	✓	✓		65	1 oz	Artisan rose colored fruits w/iridescent gold striping, sweet, juicy, crack resistant, tolerates cool night temps & hot days
	Supersweet 100				✓	60	18 gm	Reliable cherry tomato with prolific yields of great tasting fruits produced in large cascading clusters. Widely adaptable
	Sun Gold Cherry				✓	57	18 gm	Yellow/orange flesh, resists splitting, intense fruity sweet flavor
	Tomatillos - Verde		✓	✓		77	4 oz	For classic salsa verde, harvest slight larger than golf ball or turn yellow for tangy nutty raw snack
Peppers	Aura			✓	✓	73	4-5"	Tapered, 2-3 lobed fruits, deliciously sweet and fruity, yellow of trio snack pepper, high yield
	Banana	✓	✓	✓		70	4-6"	Bright yellow fruits are sweet, crunchy, eaten raw and pickled, sweeten as they ripen
	Boldog Paprika	✓	✓	✓		71	5"	Named from a Budapest spice district – roast and peel, dry into ristas, or grind into a sweet rich deeply flavored powder
	Cornita Rosso		✓	✓	✓	80	5"	Early sweet "little horns" versatile and tasty any way — raw, cooked, sliced, diced, sautéed, stuffed, and fire-roasted
	Flavorburst				✓	87	3x4"	Crisp thick walled bell pepper turning from lime green to goldenrod. Sweet peppery bite overlaid with surge of lemon
	Gilboa - Orange Bell	✓	✓	✓		80	3x4"	Blocky sweet fruity-green to bright orange. Bred 1952 from Amer Cal-Wonder by Hazera youth ass'n in Ben-Shemen, Israel.

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Sweet	Glow			✓	✓	73	4-5"	Tapered, 2-3 lobed fruits, deliciously sweet and fruity, orange of trio snack pepper, high yield
	Italia Sweet - Tolli's	✓	✓	✓		75	5"	Long scarlet-red peppers, sweet full pepper flavor, great for sauces, stir fry, canning recipes
	Jimmy Nardello	✓	✓	✓		76	3-1/2-4"	Long curve, taper pointed, deep red/wrinkled, sweet, crisp, light pepper, excellent raw and fried
	King of the North	✓	✓	✓		70	3-1/2"	Best variety where seasons are cool and short. Turns green to red. Uniform fruits with a great, sweet flavor.
	Purple Beauty			✓		75	3"x3"	Thick-walled, tender crisp, mild sweet flavor, final ripening to purple-red, green when cooked
	Round of Hungary (Pimiento)			✓	✓	80	2"x4"	Early and prolific, rich fruity taste, adapted to cooler temps. Attractive container for dip
Heat Peppers	Anaheim	✓	✓			78	8"	Mild chile pepper turning green to red. Famous cultivar developed in 1900s as canning pepper in Anaheim,
	Beaver Dam	✓	✓			80	6"	Mildly hot and sweet, horned shaped, orange-red fruit
	Cayenne - Joe's Long Red	✓	✓	✓		83	6"	Hot, zesty pepper just a 1/2" wide. Use in sauce or dried and ground as a peppering spice.
	Habanero			✓		95	2"x1-1/4"	Super hot, peach color, Scoville: 100,000-350,000
	Hot Wax - Hungarian			✓		68	5"x1.5"	Best hot pepper for cool climates, Scoville: 5,000-10,000
	<b>Lemon Spice Jalapeno - NEW</b>			✓	✓	72	3"	Stunning lemon yellow with a burst of fruity flavor. Early and prolific. Stubbier than traditional jalapeno
	Jalapeno	✓	✓	✓		70	3-1/2"	Thick walls, dark green color, Scoville: 3,500-6,000
	Pablano - Ancho			✓		88	6"	Classic pepper for chili relenos, turns green to red to near black, Scoville: 1,000-2,000
	Paquino			✓	✓	75	1-1/2"	small, pointed fruits have a unique fruity, slightly tart flavor with a tiny bit of heat. Eaten eaten raw, cooked, or pickled.
	Pepperoncini	✓	✓			75	2-3"	Italian pepper pickled to add to pizza and salads. thin walled, slightly bulbous end tangier than a Hot Wax 100-500 SCU
	Serrano - Hidalgo			✓	✓	85	3"	High yield, red or green peppers shaped like a Jalapeno, Scoville: 6,000-23,000
Eggplant	Black King (Beauty)				✓	80	1 lb	High yields, no spines, deep purple, 7" ovals
	Orient Charm				✓	65	8-10"	Asian, long cylindrical shape, distinctive fluorescent and pastel pink skin with a white flesh, few seeds
	Rosa Bianca	✓	✓	✓		82	5"x6"	Italian, plump and variably ribbed, mild, creamy taste, best adapted to warm nights with higher yields
	Thai Green (Round)	✓	✓	✓		82	5"x6"	Matti gulla variety adapts well. Prolific tomato like fruit eaten raw and cooked-Thai, Indian, Vietnamese cuisine
Specialty	Okra - Clemson Spineless	✓	✓	✓		60	3-5'	Uniform, deep green ribbed and spineless pod, harvested when 3" long, excellent quality
	Peanut - Tennessee Red	✓	✓			110	18"	Valencia type-cultivate around plant allowing "pegs" to penetrate soil - fun to grow - produces w/long summer
	Sweet Potato - Orange					90		Moist, sweet, orange fleshed, early, widely adapted for cooler climes, dig up before soil drops below 50 degrees.
Cukes	<b>Dragon Egg - NEW</b>	✓	✓			60	3"	Originating from Croatia, this beautiful cream-colored fruit is the size of a large egg. Mild, bitter free, and sweet - fun to grow!
	Green Finger			✓	✓	60	14"	Thin skin, exceptional flavor, small seed cavity, high yield, long cold storage life
	Marketmore			✓		58	8-9"	Very dark green slicer, long harvest, a standard for northern gardens & found in grocery stores, few seeds, disease resistant
	National Pickler			✓		52	3-5'	Black spine dark green fruits are vigorous dependable producers - quality holds throughout season
	Suyo Long			✓	✓	61	15"	Extra long Asian slicer. Trellis for straight fruit. Sets well in heat
	Tasty Green			✓	✓	60	9"	A slender Asian burpless variety with delicate skin and sweet flavor, shallow ridges with sweet flavor, heavy yields

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Melon	Cantaloupe - Minnesota Midget	✓	✓	✓		68	4"	Sweet, extra-early variety bred by U of M, excellent choice for northern gardeners, suitable for containers
	Honeydew - Honeycomb				✓	78	5.5#	Outstanding flavor and aroma! Early-maturing honeydew boasts smooth, cream colored skin and icy green
	Muskmelon - Pride of WI	✓	✓	✓		88	5-7#	Smooth texture w/juicy sweetness, edible down to rind. Will bottom crack in wet seasons
	Watermelon - Petite Yellow		✓	✓		73	6#	Deliciously sweet and refreshing small "icebox" melon, early maturity, adapted to shortseason areas
	Watermelon - Sugar Baby		✓	✓		75	6-12#	Excellent short-season variety with reliable yields of sweet, juicy melons, 7-8.5" in diameter.
Squash	Acorn - Queen		✓	✓		90	1-2#	Introduced by the Iowa Seed Co. in 1913, began a trend away from monster squashes. Best eaten 3-4 mo after harvest
	Buttercup - Burgess		✓	✓		95	3-4#	Oscar H. Will of Bismarck-ND introduced in 1931. Deep orange with acorn shaped, sweet or savory, shorter storage
	Butternut - Waltham		✓	✓		110	4-5#	Orange dry flesh with a sweet nutty flavor. Excellent keeper.
	Costata Romanesco	✓	✓	✓		60	6-12"	Italian green zucchini, excellent texture and nutty flavor, raw or cooked
	Delicata	✓	✓	✓		100	1#	1894 heirloom – sweet flesh, oblong "boats" perfect serving dish. No peel skins tender and nutty. Med storage variety
	<b>Golden Zucchini - NEW</b>	✓	✓	✓		55	6-8"	Bright yellow summer squash with heavy yields. Best when eaten under 8". Crisp and mild favored.
	Midnight Lightening		✓	✓		55	7-8"	Extra long and slender zucchini with dark green, almost-black coloring, disease resistant
	New England Pie Pumpkin		✓	✓		105	5#	Classic pie pumpkin with dry, stringless flesh and superior thick consistency in pies
Spaghetti	✓	✓	✓		88	4"	Wonderful nutty flavor, a great keeper. Oblong fruits, with spaghetti-like strings in the flesh - to US 1934 from Japan	