Grow It Yourself

Think Cool!!!

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“The Foundation of the Gator Nation”
Beet, White
Beta vulgaris

- Days: 55
- Improved, white-rooted beet for specialty markets
- Round to slightly conical white roots
- Tall, all-green tops
- Soak seeds before planting

Blankoma White Beet
Beet, Bull’s Blood

*Beta vulgaris*

- Days: 35 baby leaf
  58 roots
- Heirloom from 1840
- Dual purpose
  Sweet deep-burgundy foliage
  Harvest roots young
- Soak seeds before planting

OP
Beet Round Red

*Beta vulgaris*

- Best all around beet
- Rapid growth 50 days
- Sweet flavor and tenderness
- Maintains sweet tenderness when larger and older
- Red-veined greens
- Soak seeds before planting

Red Ace F1
Beet, Specialty OG
Beta vulgaris

- Days: 55
- Improved strain of Chioggia
- Soak seeds before planting
- Selected for:
  - Better skin
  - Candy striping
  - Resistance to bolting

Heirloom from Italy

Chioggia Guardsmark OP
Broccoli
*Brassica oleracea var. italica*

- Days: 63
- Big sturdy plants
- Heavy, firm, dark green domes
- Disease resistant
- Heat and cold tolerant

Arcadia F1
Broccoli
*Brassica oleracea var. italica*

- Days: 49-59 early
- Produces medium sized head
- Powdery light-blue foliage
- Does not hold in the field as well as later varieties

Blue Wind F1
Broccoli
Brassica oleracea var. italica

- Days: 63
- Medium sized plant
- Heads
  - Uniform
  - Smooth
  - Well-doomed
  - Very attractive

Heat Tolerant

Green Magic F1
Broccoli

Brassica oleracea var. *italica*

- Days 85-95
- Introduced in 1954
- Produces 4-8” heads
- Best flavor when they grow and mature with cooler weather
Cabbage (OG) *Brassica oleracea*

- Days: 68
- Mini cone-shape and pointed
- 1 to 1-1/2 lbs
- Good wrapper leaves for insect & sun protection

Caraflex F1
Cabbage
(OG)  *Brassica oleracea*

- Days 64 (early)
- Deep green 3lb heads
- Good standing ability in field without splitting

Farao F1
Cabbage, Red
*Brassica oleracea*

- Days: 60-63
- Mini heads
  - Weighing in around 2-4lbs.
- Suitable for planting in close spaces
- Split resistant

Red Express OP
Carrots

*Daucus carota*

- Days 36 Baby 54 Full
- Slender-Cylindrical (6” – 7”)
- Crisp sweet flavor roots “pencil carrots”
- Holds sweet taste even in warm weather
- Widely adapted
- Short tops

Mokum F1
Carrots
*Daucus carota*

- Days 70-73
- 2006 All American Selections winner
- Purple skin with bright orange interior
- Cooking will cause color to fade, best suited for eating raw
- Sweet flavor
- Tapered roots (7” – 8”)
- Medium-short tops

Purple Haze F1
Carrots
*Daucus carota*

- Days 68
- Pure white roots
- Cylindrical roots (avg. 8”)
- Sweet flavor
- Adaptable to difficult growing conditions
- Tall tops

White Satin F1
Collards  
*Brassica oleracea*

- Days: 60
- More compact and erect than most “Vate” varieties
- Leaves retain their eating quality up to 2 weeks longer than traditional varieties
- Bolt resistant

Champion
Greens, Mustard
Brassica juncea

- Days:
  - 21 Baby/45 Full
- Popular “red” mustard from Japan
- Large, purple-tinted leaves
- Mild mustard flavor
- Large, dark, narrow-stemmed leaves

Red Giant OG
Pac (Pak) Choi
Brassica rapa subsp. chinensis

- Days 45 full size (8”-10”)
  Use as micro green, baby leaf, and full size
- Changes from dark green leaves with maroon veins at micro size to dark maroon leaves with green undersides full size
- Prefers cool weather, perform relatively well in warm weather

Red Choi F1
Adds a touch of red
Asian Green
*Brassica rapa Narinosa*

- Days:
  - 21 Baby/45 Full
- Leaves form a compact, thick rosette
- Mild flavor
  - Salads
  - Stir-fries
- Plant 6 to 8” apart
- Perfect for fall and spring
Kale

*Brassica oleracea*

- Days:
  - 30 Baby/ 45 Full
- Dark green, blistered leaves
  - “Dinosaur” type
  - Savoyed
- Tolerant to hot & cold

Toscano
Lettuce, Romaine/COS

- Days: 45
- Compact mini-head
- Average height 8”
- Pelleted seed
  - NOP compliant

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Red/Breen OG
Lettuce, Romaine/COS

*Lactuca sativa*

- Days: 46
- Mini romaine 9” tall
- Upright heads open at the top & taper to form a dense heart
- Pelleted seed
  - NOP Compliant

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Green/Claremont
Lettuce, Loose Leaf

- Days: 48
- Thick, crisp, dark red leaves with good flavor
- Very slow bolting with excellent tolerance to heat
- Resistant to Downy Mildew

Cherokee
Lettuce, Bibb Mini Head

- Days: 30
- Heirloom
- Unique, tongue-shaped leaves
- Excellent flavor
- Slow to bolt
- Both heat and cold tolerant

Deer tongue OP
Henderson’s Black Seeded Simpson Lettuce

- Days: 45 – 70
- Prefers cooler weather to grow really well
- Loose leaf lettuce
- Leaves slightly curled
- Grows 6 to 7” tall
- Heirloom (1870”s)
Lettuce, Mascara

- Days: 50 - 65
- Frilly oak-shaped leaves that keep their color in warm weather
- Bolt resistant
- Heirloom developed in Holland
Lettuce, Tropicana

- Days: 52 full head
- Full Leaf lettuce
- Best heat and bolt tolerance of standard dark green leaf types
- Pelleted seed
  - NOP compliant

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Radish

*Raphanus sativus*

- Days: 25-30
- Crunchy slim 3” bicolor roots
- Heirloom: A pre-1885 French heirloom with mild spicy flavor

French Breakfast OP
Radish
*Raphanus sativus*

- Days: 50
- Large 2” – 4” ball-shaped
- Green on the outside
- Pink inside
- Large tops
- Mild sweet flavor
- Heirloom: “Beauty Heart” of China

Red Meat “Watermelon” OP
Snow Pea

*Pisum sativum*

- Days: 70
- Bush plants that stay compact 24-30” tall
- High yielding
- Large, thick 4-5” tender and delicious pods
- Two pods per cluster
- Developed by Dr. James Baggett, of Oregon State University
- Pre-soak seeds a few hours before planting

Oregon Sugar Pod II  OP
Spinach
*Spinacia oleracea*

- Days: 39
- Tried and True
- Smooth leaf slightly savoyed
- Resistant to downy mildew
- Immature plants may bolt if exposed to frosts
- Soak seeds before planting

Space F1
Swiss Chard
Beta vulgaris

- Days:
  - 28 Baby/ 55 Bunching
- Lightly savoyed green leaves
- Stems of many colors
- Flavor is mild
- 20” plants
- Will re-grow if leaves are cut back to 2” from crown
Swiss Chard
Beta vulgaris

- Days:
  - 33 Baby/ 60 Bunching
- Dark green leaves
- Pink and White stems
- Excellent in salad mix

Peppermint
Swiss Chard
*Beta vulgaris*

- Days:
  - 32 Baby/ 59 Bunching
- Candy-apple red stems w/dark green, red-veined leaves
- Immature plants may bolt if exposed to frosts
Standard Feed
1236 Kings Road 32204
From: 1010 N McDuff Ave. 32254
Going south on McDuff toward Commonwealth
0.4 miles

• Turn left onto W Beaver Street / US-90
  – 1.8 miles
• Turn left onto Myrtle Avenue N
  – 0.3 miles
• Turn right onto Kings Rd/US-23 / SR-139
  – .09 miles
• 1236 Kings Road is on the right
  – If you reach Minnie Street you’ve gone too far

Standard Feed 1236 Kings Road
Upcoming Programs

“Eating and Growing Seasonably”
Saturday, September 14th
Extension Office 9AM – 1PM
Cost is $10.

“Growing Vegetables in Containers”
Including: How to Make a Grow Bucket and Passive Hydroponics (Growing Lettuce)
Saturday, October 7th
Field Office off of Superior St. (call for directions)
9AM – NOON $5.00 Limited Space

Call Jeannie Crosby @ 255-7450 to register
Duval County Extension Office
Monday through Friday 11AM – 5PM