

Tucker Farms, Inc.

Vegetable	Genus species subspecies	Variety	Description	Cooking Hints/Suggestions
<i>Artichoke</i>			Native to the Mediterranean region, the artichoke is the edible flower bud of a thistle-like plant in the sunflower family. Until comparatively recent times, the leaves were eaten rather than the flower heads.	
Artichoke, syn, French artichoke, Green artichoke	<i>Cynara scolymus</i>	Imperial Star	Artichokes are low in calories yet dense in nutrients.	To cook, steam or simmer, using a non-reactive pot, cut an 'X' in the bottom and add a half lemon to the water. Cover and cook until the leaves pull out easily (about 20 to 40 minutes).
Arugula			An aromatic salad green. Its seeds can be used to flavor oils.	
Arugula	<i>Eruca vesicaria sativa</i>	Arugula	Arugula is a mustard green with an unmistakable sharp tangy flavor. It also known as Rocket, Mediterranean Salad, Rucola or Roquette and is popular in Italian cuisine.	The Romans grew arugula for both its seeds and leaves. The seed was used to flavor oils and a typical Roman meal would have included a salad containing arugula, romaine, chicory, mallow, and lavender.
Asparagus			The larger the diameter, the better the quality! Asparagus is a nutrient-dense food which in high in folic acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin. Asparagus has no fat, contains no cholesterol and is low in sodium.	
Green	<i>Asparagus officinalis</i>	Jersey King	Uniform, extra-large green spears are tender and flavorful from top to bottom	
Purple	<i>Asparagus officinalis</i>	Purple Passion	Larger, deep burgundy spears with no fibrous strings. Sweeter and tastier spears than green types. Some consider it to be the best tasting asparagus. Color fades to green when cooked.	Because of its sweetness, it can be used either raw or cooked.

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String Bean			Originated in ancient Mexico. Also known as the bush bean, string bean, or snap bean. Beans are high in soluble fiber, low in calories and fat. They're balance of complex carbohydrates and protein provide a steady source of glucose. Also, a good source of B-complex vitamins, iron, potassium, and zinc.	
Green	<i>Phaseolus vulgaris</i>		String bean with round pods, commonly called green beans	
Yellow Wax	<i>Phaseolus vulgaris</i>	Slenderwax	Attractive pods--straight, smooth, rich yellow	
Fava Bean			Large, meaty bean first cultivated in ancient Egypt.	
Broad or Fava	<i>Vicia fava</i>	Windsor	A Mediterranean staple since Roman times. Relished freshly shelled or dried.	Excellent sautéed with garlic
Broad or Fava	<i>Vicia fava</i>	Broad Improved Long Pod		
Beets			Beets are high in vitamin A and C, and both tops and roots are edible and delicious. Sweetest and tenderest when picked while still small and young.	Beets can be baked, roasted, grilled, boiled, sautéed, added to many dishes, including salads--use your imagination. Beets are high in folic acid.
Red	<i>Beta vulgaris</i>	Detroit Dark Red (short top)	Globe-shaped roots with solid deep red flesh. Tops are tinged with red. The flesh is tender, fine-grained, sweet and deep red throughout with indistinct zoning.	Excellent for large dicing beets as they do not get woody, or use them small for canning and pickling. The glossy green medium tops make tangy boiling greens.
Baby Red	<i>Beta vulgaris</i>	Kestrel	Round baby beets harvested at 1" to 2". Dark red interior, sweet tasting.	

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Specialty	<i>Beta vulgaris</i>	Chioggia syn. Barabietola de Chioggia, Candy-Striped, Bull's-Eye	A pre-1840 Italian heirloom variety. It is distinguished from other varieties by the alternating concentric rings of scarlet red and white inside. There is considerable variation in the amount of coloration, with some individuals being nearly completely red, others almost white, and every combination between those two extremes. The slightly flattened globe-shaped roots have a red-orange or pink to light red skin.	Avoid overcooking to retain their delicate, rich flavor. Or, try coarsely grating them on top of a salad for an unusual garnish. Beet green lovers take note: Chioggia's greens were one of the top taste test winners. They are paler green than usual, with a flavor and texture of fine, young, Swiss chard.
Specialty	<i>Beta vulgaris</i>	Golden	Pale red on the outside and juicy golden orange on the inside and in high demand by gourmets.	Excellent in salads or pickled. Tops are delicious when boiled for greens.
Specialty	<i>Beta vulgaris</i>	Blankoma White Beet	An improved white-rooted beet	Large, globe-shaped roots are white throughout. 4" paddle-shaped, apple-green leaves are succulent, crunchy and mild for salads. White beets are extra sweet and delicious at maturity. Root is excellent for salads, cooking and pickling.
Broccoli				
Broccoli	<i>Brassica oleracea italica</i>	Packman		Use with hot pasta, salads, poached fish
Cabbage				
			The cabbage head was bred into the species from the leafy wild plant, found in the Mediterranean region around 100 CE. The English name derives from the French caboche (head). Varieties include Red cabbage, Savoy cabbage, and Chinese cabbage.	Cabbages are commonly used both cooked and as a salad vegetable
Green	<i>Brassica oleracea capitata</i>	Blue Vantage		

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Red	<i>Brassica oleracea capitata</i>	Cardinal		
Chinese	<i>Brassica rapa pekinensis</i>	Napa or Won Bok	Short, blunt, barrel shaped head about 5" x 12"	
Kohlrabi	<i>Brassica oleracea gongyloides</i>			
Carrots			Carrots originated in Afghanistan, Iran and Pakistan as mostly purple and yellow varieties. By the 1700s white and orange varieties had spread to Europe where the orange carrot soon displaced other colors and came to predominate the world.	Carrots are an excellent source of beta-carotene (precursor of vitamin A). High pigment varieties are also an excellent source of antioxidants.
Orange	<i>Daucus carota sativus</i>	Scarlet Nante	Succulent cigar-shaped, bright orange, French variety. Too brittle for machine harvesting. Sweet and tender.	
Specialty	<i>Daucus carota sativus</i>	Red Cored Chantenay	This variety was first introduced in 1952 and is still a garden favorite of many! The sweet, finely grained carrots are 5 to 7 inches long and are a brilliant red-orange color throughout.	Flavorful and excellent for dicing.
Specialty	<i>Daucus carota sativus</i>	Nutri-red	A true red-colored carrot. High in antioxidants--about the same as red ripe tomatoes.	Rich in vitamins and minerals, especially in the antioxidant lycopene. When raw, its roots are light pink and somewhat rough in appearance. When peeled and cooked, the carrots turn blood red in color. It's flavor and texture are also significantly improved by cooking.
Specialty	<i>Daucus carota sativus</i>	Dragon	Deep purple skin with a fiery dark orange interior and a bright yellow core. High in antioxidants.	Sweet, spicy flavor. Try this variety if you have children (or adults) who are finicky about regular carrots. Tasty whether eaten raw or cooked.

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Specialty	<i>Daucus carota sativus</i>	Purple Haze		
Cauliflower			Cauliflower is a cultivated descendant of common cabbage and undoubtedly first appeared in Asia Minor. While wild cabbage has been in use for more than 4,000 years, the oldest record of cauliflower dates back to 600 B.C., but there is no history of it in America until 1806.	
Cauliflower	<i>Brassica oleracea botrytis</i>	Imperial 10-6	Cauliflower has a mild cabbage-like flavor.	Florets are best eaten raw or cooked. Do not over cook the florets if serving as a side dish. A fine addition to soups, stews, salads. Some cook the leaves, which also have a mild cabbage flavor, to serve as a green vegetable.
Corn			Sweet corn was first documented in Pennsylvania during the 1770's, although native Americans had probably cultivated it earlier. Up to that time people had grown dent corn for the table, even though it little better than eating 'cow corn'. Sweet corn was primarily white until 1902 when Golden Bantam, a yellow variety, was developed. Since then, crosses have resulted in bi-color varieties. While the color of sweet corn kernels is important to consumers, it has nothing to do with flavor.	You already know.
Sweet	Zea maze	Mystique	Very sweet and tender, 16-row, bicolor	
Super Sweet	Zea maze	Northern Xtra Sweet	Very sweet, yellow	
Super Sweet	Zea maze	Candy Store	Very sweet, bicolor	
Super Sweet	Zea maze	Confection	Very sweet, bicolor	
Super Sweet	Zea maze	Sweet Chorus	Very sweet, bicolor	

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Super Sweet	Zea maze	Sweet Symphony	Very sweet, bicolor	
Super Sweet	Zea maze	Delectable	Sugary bicolor	
Baby Corn	Zea maze	Delectable	All baby corn is immature corn, hand harvested and hand husked within 1 to 2 days after silking.	Delicious fresh picked, pickled, stir-fry, and raw
Ornamental	Zea maze	Indian Ornamental	Large multi-colored ears in a remarkable range of colors. Increasingly popular for home decorations and gifts.	
Cucumbers			First cultivated in Asia in ancient times, it was brought to America by Columbus, and was eventually grown by both Native Americans and colonists from Florida to Canada. There are two basic types of cucumbers, those eaten fresh (called slicing varieties) and those cultivated for pickling.	Cucumbers can be braised, sauteed, steamed, used in salads, and of course, pickled.
	<i>Cucumis sativus</i>	Kirby	Cucumber-lovers appreciate fresh kirbies for their thin skin, crisp flesh, and tiny seeds.	This one makes great dill pickles and is excellent fresh too.
'pickling'	<i>Cucumis sativus</i>	Regal		Best for pickling
'slicer'	<i>Cucumis sativus</i>	Raider	Usually 6" to 9" long with glossy, dark green skin and tapering ends, though some varieties can be up to two feet in length. The skin is usually thin and smooth. The majority are also seedless, or nearly so. Many people find slicers easier to digest (hence another of its names, the "burpless" cucumber). They also tend to be milder in flavor--or blander, depending on your taste buds.	Great in salads. Serve as a side dish in vinegar.
Specialty	<i>Cucumis sativus</i>	Lemon	Small, rounded, pale yellow cucumbers, inside and out.	Wonderful in salads

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Specialty	<i>Cucumis sativus</i>	Miniature white	Small, white pickling cucumber. It is extremely thin-skinned. Tender fruits are accompanied by a mild, sweet flavor with absolutely none of the bitterness typical in most white cukes. Black spine.	Delicious for fresh eating.
Garlic			Use of garlic as a food dates back 6000 years in Central Asia. It is a staple in the Mediterranean and is frequently used as a seasoning in Europe, Asia, and Africa.	
Garlic	<i>Allium sativum ophioscorodon</i>	German white	A porcelain type of hard-neck garlic with only 4 to 6 exceptional, huge cloves. Paper-white bulbs with tight wrapper skins. Moderately strong, spicy flavor. Studies have shown garlic can suppress the growth of tumors, and is a potent antioxidant good for cardiovascular health. Other studies show garlic can reduce LDL or "bad" cholesterol and is a good blood-thinning agent to avoid blood clots that could lead to heart attack or stroke. All this at only 4 calories per clove!	When sautéing garlic, be very careful not to burn it. The flavor turns intensely bitter, and you'll have to start over. An easy rule of thumb to remember regarding the potency of the flavor of garlic is: The smaller you cut it, the stronger the flavor. Chopping finely and/or pressing a clove exposes more surfaces to the air, causing a chemical reaction to produce that strong aroma.
Garlic Greens, syn. Scapes	<i>Allium sativum ophioscorodon</i>	German white	The flower stalk that rises through the leafy portion of the ophio [hardneck] garlic plant is called a scape. It twists into a curl or tight coil after it appears. The stalk is topped by a large capsule called a "umbel". If left on the plant, it becomes a flower leaving the stalk tough and woody. When cut in late spring, usually June, a scape is a wonderful substitute for fresh garlic.	Chop and use as you would garlic, or for a less crunchy texture, par boil (which also mellows the hot garlic flavor). Scapes will last for weeks if kept in a brown paper bag in the refrigerator. They also freeze well when chopped and placed in containers. Do not wash when freezing. They make a beautiful plate garnish, marvelous pesto, stir fry and a great pinch hitter until fresh garlic is available.
Fennel Root				

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Fennel Root, syn. Florence Fennel	<i>Foeniculum vulgare azoricum</i>		Firm plump white bulbs with fresh feathery foliage. Small bulbs less than 12 cm in diameter are more tender. The flavor is sweeter and more delicate than anise and, when cooked, becomes even lighter and more elusive than in its raw state	Superb sliced raw in green salads, sauteed, or quartered in chicken casseroles. Popular flavouring for fish, soups, salads and stews.
Greens			Use of greens as food dates back to prehistoric times. Greens were brought to America in the 1600s when Africans were brought to the earliest settlements at Jamestown and Plymouth.	
Beet Greens			Pick when plant are young for best flavor and tenderness.	Similar to Swiss Chard
Bok Choy, syn. celery mustard, pei tsai, pak choi, pak choy, chongee, Japanese white celery mustard	<i>Brassica rapa chinensis</i>	Mei Qing Choi	A non-heading form of Chinese cabbage with thick white leaf stalks and smooth, glossy, dark green, almost round leaf blades.	Those 'in the know' will state unequivocally that the bok choy found in most grocery stores is bitter and not particularly appetizing. They will state that 'pak choi', a.k.a. 'baby bok choy' (choi), no more than about 6 inches tall, is the tasty, desirable version of bok choy. Pak choi is highly sought and difficult to find.
Chinese Cabbage, syn. Pe-tsai	<i>Brassica rapa pekinensis</i>	Rubicon (Napa or Won Bok)	Short, blunt, barrel shaped head about 5" x 12". The flavor is somewhat milder than cabbage when cooked or eaten raw.	Traditional uses are in soups, egg rolls, stir-fry, and pickling. It can substitute for cabbage in many dishes.
Chinese Cabbage, syn. Pe-tsai	<i>Brassica rapa pekinensis</i>	Michihli or chihli	Long tapering heads, 5" x 18".	Same as Napa
Chinese Cabbage	<i>Brassica rapa pekinensis</i>	Lettucy Type	A tall, open-top Chinese cabbage like a big romaine lettuce with tangy, sweet flavor. The cylindrical heads reach 11-12" and about 3 lb. Very early, with a ruffled appearance and creamy yellow blanched interior. Flavor is tangy, sweet, not spicy.	Thin leaves, perfect for salads

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Collards, syn. Tree cabbage, non-heading cabbage	<i>Brassica oleracea acephala</i>	Champion	Leaves are like kale--crisp, tender and juicy.	
Chinese Broccoli, syn. gai lohn, kai lan, and Chinese kale	<i>Brassica oleracea</i> var. <i>alboglabra</i>	Suiho	Looks a lot like kale	Prepare as you might broccoli. The flavor is a bit stronger than Western broccoli—peppery and pungent in the aftertaste. It is used most typically in a stir-fry, but also makes a tasty addition to a fresh salad.
Cress	<i>Lepidium sativum</i>	Presto	Bright green, frilly edged leaves similar to Broadleaf Cress. The most popular cress type in Europe. Watercress flavor	
Upland Cress, syn. Creasy Greens	<i>Barbarea verna</i>		6-8" rosettes of dark green, glossy, rounded leaves. Wonderful, hot, watercress flavor	
Hon Tsai tai	<i>Brassica rapa</i> var. <i>rosularis</i> 'Hon Tsai Tai'		Young stalks and flowers are very tender, excellent for stir-fry.	Mild mustard taste for use raw in salads or lightly cooked in stir-fries or soups.
Kale	<i>Brassica oleracea acephala</i>	Red Russian	Red Russian kale is a kind of cabbage with purple stems, deep gray-green, purple-veined, flat, non-curled, and tooth edged leaves. Leaves are tender compared to other kales. Kale is prized more for its hardiness than its flavor or delicacy, but it continues to be popular in the South, where it's often cooked as a side dish. Remove and discard the tough center stalks before cooking.	For salads and light cooking.
Komatsuna, syn. Japanese Mustard Spinach	<i>Brassica rapa pervidis</i> (or <i>komatsuna</i>)	Summerfest	Dark green, glossy leaves and thin, light green stalks are very tender and delicious with a pleasant turnip-like flavor.	Young leaves, stalks and flower shoots are used in salad and stir-fry. It is also very popular for salt pickling this vegetable in Japan. Komatsu
Mache/Corn Salad	<i>Valerianella locusta</i>	Jade	Semi-elongated leaves	

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Mache/Corn Salad	<i>Valerianella locusta</i>	Vit	Long-oval, glossy, green leaves with a tender, flowery, minty flavor	
Purslane	<i>Portulaca oleracea sativa</i>	Red Purslane	Green fleshy leaves and red upright stems. Same crisp mild taste and upright growth as Golden Purslane with smaller leaves. Although it is considered a weed to most gardeners, it actually makes a tasty steamed vegetable.	Hispanic cooks especially like these crunchy, mild tasting greens. You can use them raw in salads, or cook them as a side dish.
Mustard--Green	<i>Brassica juncea</i>	Southern Giant	Heavily curled, frilly, bright green leaves. Mustardy, hot taste mellows when cooked.	Great for salads and braising mix.
Mustard--Green-Red	<i>Brassica juncea</i>	Red Giant	Large purple-tinted leaves. Mild mustard flavor.	Great for salads and braising mix.
Mizuna, syn. Mizuna Mustard	<i>Brassica rapa nipposinica (japonica)</i>	Kyona	Unique mustard green of Japanese origin, produces rosettes of dozens of pencil-thin white stalks and deeply cut, fringed leaves. Mild flavor.	For mixed salads and light cooking.
Radish Greens	<i>Raphanus sativus</i>			These have a peppery flavor, and they're great raw in salads and sandwiches, or you can cook them as you would other leafy greens. The leaves are fairly pungent, though, so a little goes a long way. The greens from young plants are best.
Shiso--Red	<i>Perilla frutescens</i>	Red Shiso	Striking purple leaves. Distinct cinnamon flavor and aroma, with the spiciness of cumin.	Use in oriental cooking, sushi and salad mixes.
Shiso--Green	<i>Perilla frutescens</i>	Green Shiso	Green leaves. Distinct cinnamon flavor and aroma, with the spiciness of cumin.	Use in oriental cooking, sushi and salad mixes.
Shiso--Britton	<i>Perilla frutescens</i>	Britton Shiso	Eye-catching green leaves with red undersides. Larger leaf and plant than our Red and Green Shisos. Mild mint/basil aroma.	Good micro or salad mix item, or use larger leaves as sushi wraps and plate garnishes.

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Swiss Chard -- White	<i>Beta vulgaris cicla</i>		The standard green swiss chard, i.e. white stalks with green leaves.	
Swiss Chard -- Red, syn. Rhubarb chard, Ruby chard	<i>Beta vulgaris cicla</i>		Red chard, with green leaves and red stalks, is slightly more tender and flavorful than green chard, but the two are interchangeable in most recipes.	
Swiss Chard --Yellow	<i>Beta vulgaris cicla</i>	Bright Yellow	Bright yellow stems and leaf veins contrast with deep green leaves.	
Swiss Chard -- Multi-color	<i>Beta vulgaris cicla</i>	Bright Lights	Stems of many colors including gold, pink, orange, purple, red, and white ... with bright and pastel variations. Lightly Savoyed, green or bronze leaves. Stunning bunched, and baby leaves are a natural in salad mix. The taste is milder than ordinary chard, with each color a bit different. Colorful bedding and other ornamental possibilities abound.	
Tat Soi, syn. Tah Tsai, Spinach Mustard, Rosette Pak Choi	<i>Brassica rapa rosularis narinosa</i>		Small, spoon-shaped, black-green leaves form a compact, thick rosette	Mild taste for salads, stir-frys, etc.
Turnip Greens	<i>Brassica campestris</i>	Top Star		A staple of Southern cuisine, turnips greens are traditionally served with salt pork or ham hocks. The leaves are pungent and slightly bitter, especially older ones, but they become milder when cooked. Don't prepare them with aluminum cookware, as it will affect their flavor and appearance. Try them as cooked greens, stir-frys, and soups.

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Jerusalem Artichoke			The Jerusalem artichoke is not an artichoke, but a sunflower. It is native to North America where it grew wild along the eastern seaboard from Nova Scotia to Georgia. The American natives showed them to Samuel de Champlain who took them back to Spain in 1605.	
Jerusalem Artichoke	<i>Helianthus tuberosus</i>		This is a tuber that grows underground like a potato.	Jerusalem artichokes can be eaten raw, served chipped or sliced in salads or with a dip. It can be stir-fried, baked, boiled, or steamed.
Leeks			Leeks have been common in Europe for as far back as we have records of food plants.	
	<i>Allium porrum</i>	Rikor	Mild onion flavor with a hint of garlic	Add to soups, stews, salads
	<i>Allium porrum</i>	Lincoln	Mild onion flavor with a hint of garlic	Add to soups, stews, salads
Melons			Melons originated in Persia or Asia Minor and have been under cultivation for at least 4500 years.	The flesh can be served raw, cooked, or dried; the seeds can also be dried and roasted for snacking. Melon is popular served raw as an appetizer, fruit salad, or dessert.
French Charentais	<i>Cucumis melo</i>	Savor	The sweetest French melon. Faintly ribbed, with a smooth gray-green rind, and dark green sutures. Sweet and aromatic, deep orange flesh.	Unsurpassed eating quality.
Muskmelon	<i>Cucumis melo</i>	Earliqueen	Well-ribbed and netted rind, round shape with thick, sweet orange flesh. Consistent sweet taste. (Many Americans know this as a cantaloupe, even though it is not really a cantaloupe. Muskmelons have been masquerading as cantaloupes in the United States for many years. True cantaloupes are not netted, have deep grooves, a hard warty rind, and orange or green flesh. These are grown only in Europe where the population easily makes the distinction between muskmelons and cantaloupes.)	

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Galia/Tropical	<i>Cucumis melo</i>	Passport	Large, averaging 6-7" in diameter and 5-6 lb. Flesh is very thick, darker green towards the outside and whitish-green toward the seed cavity.	
Specialty: Butterscotch	<i>Cucumis melo</i>	Sweetie No. 6	Small, oval, 1-2 lb. fruits have a smooth, greenish-white rind and flesh that ripens to an appealing swirl of orange and green. Sweet and fragrant, suggestive of butterscotch, and edible to the rind.	
Watermelon	<i>Citrullus lanatus</i>	Sugar Doll	Round, dark green, medium sized fruit (8 x 8 inches), bright-red flesh; small brown seeds.	
Onions				
Bunching/Scallions	<i>Allium cepa</i>	Deep Purple	Deep purple-red bulbs	Good for salads and for cooking
Mini-onion	<i>Allium cepa</i>	Amethyst	Deep purple-red bulbs	Good for salads and for cooking
Mini-onion	<i>Allium cepa</i>	Pearl Drop	Small, snow-white, round to slightly flattened bulbs	Good for salads and for cooking
Red	<i>Allium cepa</i>			
Peas				
Peas	<i>Pisum sativum</i>	Progress	The standard sweet pea	
Pea Pods	<i>Pisum sativum</i>	Progress		
Pea Shoots, syn. Dau Miu, Pea Plant Tendrils	<i>Pisum sativum</i>		The pretty green tendrils, actually the leaves and shoots of the young pea plant, are a spring delicacy in China. Pea shoots are sweet, tender, and have a strong pea taste.	Cook them as you might any green--very quickly in hot oil with, perhaps, salt, garlic, and a splash of sherry or rice wine.
Snow Peas	<i>Pisum sativum</i>	Dwarf Gray Sugar	An old variety with increasing popularity for its red blossoms and subtly tinted red stems and leaves as well as its pods.	Used in garnishes and salad mixes
Peppers				
			Bell peppers	

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Green-to-Red Bell	<i>Capsicum annuum</i>	Ace	Green bell peppers have twice as much vitamin C as an orange. Red and yellow bell peppers have four times as much.	
Lilac-to-Red Bell	<i>Capsicum annuum</i>	Islander	Light lavender skin, pale yellow flesh. These thick-fleshed peppers have a mild, lightly sweet taste.	
Green-to-Orange Bell	<i>Capsicum annuum</i>	Gourmet	Orange skin, orange flesh. Medium-large with thick juicy walls and fruity sweet taste.	Adds color to salads.
White-to-Yellow Bell	<i>Capsicum annuum</i>	Perfection	4-lobed, lemon yellow skin and flesh. Some say it is the best tasting yellow pepper.	
Green-to-Yellow Bell	<i>Capsicum annuum</i>	Labrador	Yellow skinned and fleshed pepper with sweet and fruity flavor.	
Jalapeño	<i>Capsicum annuum</i>		A cone-shaped, chubby, green pepper with a blunt end and about two inches long.	
Pumpkins			A member of the squash family. Originated in North America where it was cultivated by the locals and introduced to the Europeans when they arrived.	Pumpkins can be baked, stuffed, dried, roasted. Made into soups, breads, muffins, pies. Its seeds can be roasted. Its blossoms can be deep-fried.
White/Miniature	<i>Cucurbita pepo</i>	Baby Boo	A creamy white version of Munchkin. The fruit average 2-3" in diameter by 2" high and have an edible white flesh.	
Small	<i>Cucurbita pepo</i>	Baby Pam	Starchy, sweet, smooth, bright orange flesh is superior in most pumpkin recepies.	Makes superior pie
Big/Jack O'Lantern	<i>Cucurbita pepo</i>	Howden Biggie	The standard 'big' pumpkin.	
White/Big	<i>Cucurbita pepo</i>	Lumina	Its rind may be white, but its flesh is a bright orange	
Miniature Ornamental	<i>Cucurbita pepo</i>	Munchkin	Only 3-4" wide, it has a bright orange color and deep sutures. Children love it and it's perfect for fall decoration.	

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Small	<i>Cucurbita pepo</i>	Small Sugar, syn. New England Pie	The classic pie pumpkin: fine-grained, stringless, sweet, thick orange flesh	
Small	<i>Cucurbita pepo</i>	We Be Little	Miniature--about the size of a baseball.	
Radicchio, syn. Italian chicory			A leaf chicory. Deep red leaves with white ribs. It has a fairly bitter and spicy flavor	
Tall	<i>Cichorium intybus</i>	Trevisio Red Preco	Upright, small romaine lettuce-like heads with the deep purple radicchio color	Add to soups, salads, stir-frys. It strong flavor mellows when cooked.
Round	<i>Cichorium intybus</i>	Chioggia Red Preco #1	Forms well-folded, large, heavy purple-red heads.	Add to soups, salads, stir-frys. It strong flavor mellows when cooked.
Radishes			The earliest varieties were long and tapering rather than round. By 2780 BC Egyptians were cultivating radishes and by 500 BC they were being grown in China. Black radishes were the earliest to be cultivated. White radishes were developed in Europe by the 1500's. Red radishes were developed in the 1700's about which time round radishes were also first produced.	Radish is normally eaten raw in salads, but in Asia it is also cooked
Small, round	<i>Raphanus sativus</i>	Easter Egg Tricolored	A mix of red, purple and white radishes	
Specialty	<i>Raphanus sativus</i>	Red Meat	Large 2-4 inch (depending on harvest timing) radishes with green skin and a dark pink flesh.	Large tops and has a remarkably sweet, delicious taste.
Specialty	<i>Raphanus sativus</i>	Shunkyo Semi-long	Averages 4 to 5 inches long, with smooth cylindrical deep pink roots. Shunkyo has a crisp, nutty white flesh. The taste is both hot and unusually sweet.	Broad, smooth, strapless (lobeless) foliage with rhubarb pink stems is edible in salads, or pickled or stir-fried with roots.
Long, French	<i>Raphanus sativus</i>	D'Avignon	Averages 3-4" long, slender, mostly red with white tip, tapered to a point.	
Daikon Long/White	<i>Raphanus sativus</i>	Miyashige	Long, cylindrical white root with a pale green band near the crown.	

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Vegetable	Genus species subspecies	Variety	Description	Cooking Hints/Suggestions
Shin Re Mei, syn. Watermelon radish	<i>Raphanus sativus</i>		Pastel root vegetable, bright red inside, green and white outside, just like a watermelon. Can grow as large as a grapefruit.	Shave thinly or shred; scatter over savory dishes for a delicious flavor accent. Steam radish chunks or slices with vegetables; drizzle with dressing or vinaigrette. Use the rather designer slices as an attractive garnish. Make a tasty pretty radish sandwich: layer thin-cut radish slices between favorite buttered bread. If desired, sprinkle radish slices with a dash of salt. Brighten up veggie trays with its good looks.
Rhubarb		This rhubarb was planated around 1950. We don't remember the variety.	There are records of it being grown in China as early as 2700 BC. Rhubarb has been grown in this country since the late 1700s. First cultivated for medicinal uses, it is also well-known for the poisonous qualities of its leaves.	
Red	<i>Rheum rhabarbarum</i>	Canada Red, or Victoria?	Rhubarb is a robust perennial that is grown for its plump, pinkish to red leafstalks, which have an agreeable acid taste	Commonly used for tarts, pies, or as a base for wine
Squash			Native to North America, perhaps the Ozark region of Arkansas and Missouri. By far, one of the most versatile and nutritious vegetables.	Squash, like pumpkins, can be eaten raw (in salads), fried, boiled, steamed, baked, stuffed, dried, roasted, pickled, candied. Made into soups, stews, breads, muffins, pies. Its seeds can be roasted. Its blossoms can be eaten raw or deep-fried.
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Sunburst	Bright deep yellow scallop and good flavor.	Delicious when steamed slightly and tossed with butter.
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Patty Green Tint	Attractive, pale green fruit. Nutty flavor.	
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Butter Scallop	Attractive, rich-buttery colored fruit. Good flavor.	
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Starship	Attractive, medium-green patty pan fruit. Smooth, firm texture. Good flavor.	
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Flying Saucer	Bi-colored patty pan. A stunning mix of green and yellow. Fruits are dense, nutty and flavorful.	

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Vegetable	Genus species subspecies	Variety	Description	Cooking Hints/Suggestions
Summer: Zucchini	<i>Cucurbita pepo</i>	Gold Rush	Yellow zucchini	
Summer: Zucchini	<i>Cucurbita pepo</i>		Green zucchini	
Winter: Acorn	<i>Cucurbita pepo</i>	Cream of the Crop	Ivory-white rind. Creamy-colored flesh is nutty, but not sweet. Requires seasoning and/or sweeteners.	
Winter: Acorn	<i>Cucurbita pepo</i>	Table Ace	Good taste, nutty and moderately sweet, if allowed to mature.	A favorite baking squash.
Winter: Ambercup	<i>Cucurbita maxima</i>	Ambercup	Attractive, deep orange Kabocha shaped fruit--a relative of the buttercup. Dark orange flesh, exceptionally sweet and smooth. Very tasty.	
Winter: Buttercup/Kabocha	<i>Cucurbita maxima</i>	Sunshine	Stunning, scarlet fruit. Flesh is tender, smooth and sweet. Highly rated.	Excellent for baking, mashing and pies.
Winter: Buttercup/Kabocha	<i>Cucurbita maxima</i>	Buttercup	Sweet and creamy orange flesh.	
Winter: Hubbard	<i>Cucurbita maxima</i>	Blue Hubbard	Very large, irregularly shaped with warted skin. Yellow flesh is very moist and requires extra cooking time in the oven.	Perfect for pies.
Winter: Butternut	<i>Cucurbita moschata</i>	Butternut Supreme	Traditional buff skin with sweet orange flesh.	
Winter: Butternut	<i>Cucurbita moschata</i>	Betternut	Fine-textured, deep-orange flesh. Sweet nutty flavor is rated very high.	
Gourds			Gourds have been used throughout history to make music, in percussion instruments like rattles, maracas, drums, horns, marimbas; and in some stringed instruments that resemble the lyre. Gourds have also been used as pipes, masks, canteens, water jugs, dippers, birdhouses, and sponges. Many have been decorated with intricate designs.	

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Hard Shell	<i>Lagenaria siceraria</i>	Big Apple	A nearly perfect resemblance to a large green apple, 5 - 7 inches diameter. Mottled dark green when fresh, turning brown when dried. These fun gourds can be dried and painted or stained red to make them look like a large apple, made into birdhouses, or used in other gourd crafts.	
Ornamental	<i>Cucurbita pepo ovifera</i>	Shenot Crown of Thorns	Unusual, eye-catching, small, multicolor gourds for decorating. The 4-5" diameter fruits are globular with 10 fingers pointing toward the blossom end	
Ornamental	<i>Cucurbita pepo ovifera</i>	Orange	Round, bright orange, smooth fruits	
Ornamental	<i>Cucurbita pepo ovifera</i>	Pear Bicolor	Pear-shaped bright yellow (upper half) and dark green (lower half) fruit. A light stripe is superimposed over the other colors from end to end. Its shell is hard and smooth.	
Ornamental	<i>Cucurbita pepo ovifera</i>	Spoon	Solid and bicolor types with variously curved, slender "handles". If cut in half lengthwise they would indeed be spoon-shaped.	
Ornamental	<i>Cucurbita pepo ovifera</i>	Warty	A most often orange, often pear-shaped gourd densely covered with protrusions like warts.	
Spinach			Spinach originated in Central and Southwestern Asia during ancient times. It was unknown in the Mediterranean until around 800 A.D. when the Arabs developed sophisticated irrigation systems allowing this cool weather plant to survive in hot dry climates.	

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Red Spinach	<i>Amaranthus gangeticus</i>		Red spinach leaves are round, thick and rich green with an attractive red center. Tender and very tasty, the flavor of this lovely variety is deliciously sweet and succulent.	Soufflés and creamed soups love this tasty vegetable. Use raw in fresh mixed green salads, or tuck into sandwiches.
Tomatoes			Originated in the Peruvian Andes, but first cultivated in Central America. Brought to Europe by the Spanish conquistadores.	
Red Cherry	<i>Lycopersicon esculentum</i>	Washington Cherry	Globe-shaped (no ovals!), 1-1-1/4 oz. fruits have a deep red color; thick-walled, meaty, and flavorful,	
Red Cherry	<i>Lycopersicon esculentum</i>	Red Grape	Oval to oblong, baby red grape tomatoes. Fruits avg. 1 3/8"L X 7/8"W. They are firm, meaty, and free of cracking, with delicious chewy texture, sweet taste, and few seeds.	
Ground Cherry			Small orange fruit similar in size and shape to a cherry tomato. Native to Central and South America. Not to be confused with the Cape Gooseberry or the tomatillo.	
Ground Cherry, syn. Husk Tomato, Husk Cherry, Strawberry Tomato, dwarf Cape Gooseberry	<i>Physalis pruinosa</i>	Goldie Husk	The fruit is covered in a papery husk resembling small, straw-colored Japanese lanterns. Flavor is a pleasant, unique tomato-pineapple-like blend.	Uses are similar to common tomato. Fruits can be eaten raw, dried like raisins, frozen, canned, or made into preserves, cooked pies, and desserts. Fruits can be dipped in chocolate.
Tomatillo			Tomatillos are native to Central America where it has been extensively cultivated and has become 'the' essential ingredient of salsa. Confusion among its close and not so close relatives which carry similar or even identical common names is rampant.	

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Tomatillo, syn. Husk Tomato, Jamberry	<i>Physalis ixocarpa</i>	Toma Verda	Large, flat-round green, densely seeded fruits. Distinctive tart, lemony flavor.	Perfect ingredient in Mexican dishes, such as salsa cruda or salsa verde. An essential ingredient in salsa. It is also used for sauces, chilis, salads, soups, stir-fry.
Tomatillo, syn. Husk Tomato, Jamberry	<i>Physalis ixocarpa</i>	Purple Di Milpa	Skin and flesh turn a royal purple, husks are green or buff. Sweet flavor.	An essential ingredient in salsa--this is supposedly the one preferred by 'real salsa aficionados'. It is also used for sauces, chilis, salads, soups, stir-fry.