

OCTOBER 2014

The Suncoast Tropical Fruit and Vegetable Club have for sale a selection of heirloom vegetable seeds, including Asian and European varieties.

All seeds are non-hybrid, non-GMO, non-treated and non-patented.

TYPE

DESCRIPTION

BEANS

Beurre De Rocquencourt Bush Wax Bean

A productive heirloom wax bean named for Rocquencourt, France. Wax beans were introduced to France in the 1840's from Algeria, and this variety is surely a descendent of those early beans. The bush plants set good yields and produce well. The beans are favored by cooks for their fine-flavored pods that are a bright waxy-yellow in color.

Dragon Tongue Bush Bean

This famous Dutch heirloom bean has an incomparable. The tender and superbly delicious –inch pods are yellow, with amazing purple streaks. Also makes a tasty shelled bean. Popular with chefs and gourmets. Compact plants with high yields.

Ojo De Cabra

Pole. The name means "Eye of the Goat." There are a number of native varieties of this name; this appears to be the Tarahumara Indians landrace type. A favorite variety in Baja California and northern Mexico, this unusual bean cooks up firm and sweet.

BEANS - LIMA

Christmas

Pole Lima. Very large white beans with beautiful, dark red splashes, rich flavor; heavy yields even in very hot weather. 95 days.

Dixie Speckled Butterpea

Baby Lima. Bush plants. Beans are about the size of peas; red-speckled with a deep purple-rust color and grow well in hot weather. Very productive. 76 days.

BEANS - TEPARY

Blue Speckled

Tan and blue-grey spotted beans, unique flavor in traditional Southwestern dishes. Tepary beans were a premier crop in the native cultures of the Sonoran desert and surrounding regions. They are very drought and heat tolerant. Bush to half-runner habit. 80 days.

BEANS – LONG BEANS

Chinese Red Noodle Bean

This is a stunning and unique Chinese ethnic variety bean. Fantastic deep red 18-inch pods are delicious, full of nutrition, and they keep most of their color when sautéed. Long vines do well under many conditions. Small red seeds. 80 days.

Red-Seeded Asparagus Bean	Very long pods grow to 24 inches. Very tender and tasty; no strings, small seeds; huge yields on 10' vines. They grow well under almost any conditions-very resistant to heat, humidity and insects. Pick for snap beans when 12" – 14" long; delicious stir-fried. 75 days.
Thai Purple Podded Yard Long Bean	Vigorous, high-yielding Thai variety. The deep purple pods have green tips, are crisp and stay tender to amazing lengths often reaching 20 inches. A local favorite in Thailand.
<u>BROCCOLI</u> Waltham 29	Produces 4-8 inch green heads that are nicely flavored.
<u>CARROTS</u> Amarillo Carrot	Lovely, lemon yellow roots have sweet, bright yellow flesh. Large 8-inch roots and strong tops. 75 days.
Kuroda Long 8 Carrot	Popular oriental variety; deep orange, stubby roots are mild and sweet. Excellent for juicing. 75 days.
Parisienne Carrot	Small, round carrots that are popular in France. Tender, orange globes are superb lightly steamed.
Muscade Carrot	A delicious North African carrot that produces blocky, 7-inch orange roots that have exceptional flavor and a crisp, crunchy texture. Rare.
Tonda Di Parigi Carrot.	The round, 19 th century Parisian heirloom carrots are harvested at 1" – 2", uniform and deep orange. The flavor is excellent and very sweet. 60 days.
<u>CAULIFLOWER</u> Purple of Sicily	Brilliant purple heads weigh 2-3 pounds and are of fine, sweet flavor. Insect-resistant variety. Italian heirloom.
<u>CHINESE CABBAGE</u> Michihli Cabbage	Big tall heads, widely grown in the Orient. Mild and tasty, very tender, great for stir-fry. 70 days.
<u>COWPEAS</u>	Cowpeas are popular in the Southern US, Africa and Asia. They originated in Africa, and tolerate heat, drought and humidity. Most types are "runners" on long vines.
Haricot Rouge Du Burkina Faso	An heirloom from Burkina-Faso, West Africa. Colorful red-purple pods have deep red seeds. Produces well even in extreme conditions.
Mayo Colima	Mixed-color peas, gray, gray-mottled, or orange/tan-mottled. Seed from this variety was collected from the low desert of Los Capomos, Sinaloa, Mexico, from a Mayo village. 80 days.

Ozark Razorback
The peas are mottled half white and half red. Very productive bush plants. 90 days.

CUCUMBERS

Beit Alpha Cucumber
A delicious, very sweet cucumber that is usually picked small and does not need peeling as the skin is very tender. This variety is very popular in the Mediterranean, having been developed in Israel. Fine flavor and high yields; they are burpless.

EGGPLANT

Aswad
Iraqi variety that produces dark purple-black fruit that can weigh up to 3 pounds or more. Very heat tolerant.

Cambodian Green Giant
A large, round, flat variety that is pale green with dark green stripes. Deep, full bodied flavor.

Edirne Purple Striped Eggplant
Originally collected in Edirne (Adrianople), Turkey, in 1948. Gorgeous 6-8 inch fruits are richly striped in purple and off-white. Vigorous plants, very productive.

Fengyuan Purple Eggplant
Very long, slim 16-inch fruit are light lavender-purple in color. Mild, sweet and tender with good yields. Unique Taiwan heirloom.

Gbogname or Collard Eggplant
An ancient vegetable from Togo, West Africa. The young green leaves are cooked like you would cook collard greens. Takes heat well. Rare and hard to find.

Malaysian Dark Red
Tender and delicious, violet-colored fruit are long and slender.

Ping Tung Eggplant
A wonderful eggplant from Ping Tung, Taiwan. Fruits are purple and up to 18-inches long and 2-inches in diameter. Sweet and tender. 70 days.

Rosita
An heirloom developed in Puerto Rico in the 1940's. Lavender-pink fruits have a mild, sweet, white flesh. The skin is tender and not bitter. 80 days.

Turkish Orange Eggplant
This beautiful heirloom comes from Turkey. The 3- inch round fruit are best cooked when they are green to light orange. This variety has very sweet and flavorful flesh. The small plants yield well. 80 days.

Udmalbet
A rare colorful eggplant from India. The fruit are light green, streaked in purple. Used in Chutneys and curries; from a Tamil village. 90 days.

GREENS – ORIENTAL

Canton Bok Choy
Semi-upright plant produces thick, white stems and deep green leaves. Heat tolerant.

Ching Chang Bok Choy
50 days. Baby Bok Choy; small heads are just 5 inches tall.

Extra Dwarf Pak Choy	Just 2 inches tall. Very tender and delicious.
Japanese Giant Red Mustard	Purple-red leaves with a delicious strong, sharp, almost garlic-like, mustard flavor. Tasty stir-fried or boiled.
Jiu Tou Niao Mustard	A wonderful leafy mustard that is an heirloom from South China. 16-inch tall plants have bright green serrated leaves that are tender and have an excellent mustard flavor; great sautéed or in salads.
Komatsuna Tendergreen	Japanese mustard greens; tasty, slightly spicy flavor; great for stir-frying or salads.
Mizuna Green	A delicious Japanese green; cook like spinach. Vigorous plant produces many thin stalks; very mild and tasty.
Shanghai Green Pak Choy	Delicious baby type in demand with top Asian chefs.
<u>HERBS</u>	
Chervil	Traditionally used in French cooking. Slightly anise-like flavor.
Sorrel, Green De Belleville	A perennial; lemony tartness.
<u>KALE</u>	
Blue Curled Scotch Kale	Compact plants yield tender, blue-green, crinkled leaves.
Dwarf Siberian Kale	Tasty Russian variety produces leaves that are only slightly frilled and of top quality. Very hardy and productive.
Green Leaf Gailan – Chinese Kale	Large, delicious stems and flower buds are cooked like broccoli, but it is easier to grow and thrives in warm weather. The texture is very tender and crisp, perfect for stir-fries and soups.
Ornamental Fringed Mix	Mix contains pretty shades of pink, purple and white.
Tronchuda Kale	Portuguese kale. A bit more heat tolerant than other kales. Leaves are large, flat and rounded.
<u>LEEKS</u>	
Giant Musselburgh	Introduced in 1834 near Edinburgh, Scotland. Large, very thick stems; tasty mild flavor.
<u>LETTUCE</u>	
Brune D'Hiver Lettuce	Compact, hardy, French butterhead-type lettuce that was introduced in 1855. Crunchy green leaves are blushed in reddish-brown color. Plants require little space when growing, and are perfect for fall plantings. Hard to find in America.
Cimmaron Lettuce	Very nice, deep red, romaine-type heads; good resistance to bolting. Crisp, juicy texture and delicious

	flavor. This heirloom dates from the 18 th century. 65 days.
Cracoviensis Lettuce	This pre-1885 variety is a beautiful tender and sweet leaf lettuce with bright green leaves that are tipped in purple.
European Mesclun Mix	Flavors range from sweet-mild to sour-hot-tangy, and colors come in red, purple, yellow and green. Colorful lettuce, radicchio, arugula, endive, orach, mizuna, kale and mustard.
Forellenschluss Lettuce	Old Austrian heirloom, the name means "speckled like a trout", a superb, gorgeous romaine that is highly splashed in deep red. Very beautiful and tasty.
Lau's Pointed Leaf Lettuce	This variety is from Malaysia. It produces star shaped plants with long, thin, bright green pointed leaves. The flavor is sweet and very tasty. Fast growing and vigorous.
Oak Leaf Lettuce	Introduced in 1771 by the French company Vilmorin. The tasty leaves are somewhat the shape of an oak leaf. 60 days.
Outredgeous Lettuce	Quite possibly the reddest lettuce variety. Harvest as leaf lettuce or allow to grow until the loose, Romaine-type heads develop.
Rocky Top Mix Salad Blend	Brightly colored and unique lettuces.
Rouge d'Hiver Lettuce	This heirloom from France is a red romaine-type. Listed in Vilmorin's Vegetable Garden Book from 1885. 60 days.
Siamese Dragon Stir Fry Mix Salad Blend	Mix of best Asian greens for stir-frying and steaming.
Sunset	60 days. Super deep, beautiful red leaf type. Rare.
<u>OKRA</u>	Okra thrives on heat.
Burmese	An heirloom variety from Burma (Myanmar). Large pods are tender, spineless, and finely flavored.
Gold Coast	Spineless and tender pods. Drought tolerant and resistant to root-knot nematode. Compact plants to about 5 feet tall.
Jing Orange	Lovely pods are a deep reddish orange. Asian variety. Very tender. 60 days.
Star of David	Israeli variety. Short, very thick pods are quite delicious. The pods are twice as fat around as most okra. 70 days.

ONIONS

Gold Princess Onion

Intermediate day. Medium-sized, bright yellow, flattened Italian variety.

Red Creole Onion

This short-day onion is great for the South. Hard, flat bulbs have spicy, red flesh. A good cooking onion or in salads.

Red of Florence Onion

This long-day onion is an oblong shaped, bright red onion that is very mild and sweet. A delicious Italian heirloom. Very rare.

ORACH

French Spinach or Mountain Spinach has been a reliable summer green in the Mediterranean region where it is native, for at least 4000 years. Orach belongs to the same plant family as spinach and chard and its taste is similar to that of spinach. But Orach has the great virtue of being tolerant to both drought and summer heat. Orach also takes wind and salt spray. Plants may reach 4 feet in height.

Aurora Mixed Orach

A mix of radiant colors that include red, gold, green, pink, carmine and pure purple

Red Orach

4 – 10 feet tall and bright red. Beautiful and a tasty addition to salads.

PEPPERS

Arroz Con Pollo

Originated in eastern Cuba. A Caribbean "seasoning pepper." Looks like a habanera but remove the seeds and there is no heat, just delicious flavor.

Corno di Toro Giallo Pepper

The traditional favorite in Italy. Long 8-inch tapered, bull-horn shaped golden-yellow peppers are sweet and spicy. They are great fresh or roasted. Large plants yield well.

Charleston Belle Pepper

The first nematode-resistant bell pepper. Compact plants produce large, beautiful peppers.

Doux D'Espagne or Spanish Mammoth

This variety was introduced before 1860. Produces long, con-shaped peppers that are perfect for frying and salads. They are sweet and flavorful, but hardly ever offered in America.

Friariello Di Napoli Pepper

This is the famous frying pepper of Naples. This heirloom produces small, long cone-shaped peppers. Sweet, distinctive flavor. Very productive.

Jimmy Nardello Italian Pepper

This pepper originated in the village of Ruoti, in Southern Italy and pre-dates 1887. This long, thin-skinned frying pepper dries easily and has such a rich flavor that this variety has been placed in the "Ark of Taste" by the Slow Food Organization. Ripens a deep red and is very prolific.

Red Marconi Pepper	A Italian pepper that yields big 7-inch long tapering fruit. Very sweet. 80 days.
Shishito Pepper	This old Japanese variety produces 3-inch long, slightly wrinkled fruit that are perfect for making tempura and other recipes. The fruit is emerald green color, mildly flavored with just a bit of spice.
Topepo Rosso Pepper	This Italian heirloom produces tasty, blood red, round pimento-type peppers that are very sweet. The flesh is very thick and crisp. Short, compact plants produce huge yields.
<u>RADISHES</u>	
Purple Plum Radish	One of the most colorful varieties with bright purple skin. 1-1/2-inch globes have sweet, crisp, white flesh which does not get pithy. 28 days.
Round Black Spanish Radish	Large 5-inch radish probably grown since the 16 th century or before. Near-black skin and snowy white flesh. Fine, fairly hot flavor, good raw or cooked
<u>SPINACH</u>	
Bloomsdale Long Standing Spinach	The old standard since 1925, does better in hot weather than most. Glossy, deep green, delicious leaves.
<u>SUMMER SQUASH</u>	
Patisson Golden Marbre Scallop Squash	A unique French scallop squash; fruit is a beautiful golden-orange color. Young fruit are very tender and well flavored. Tall bush plants are very attractive and yields are good.
Patisson Panache Blanc Et Vert Scallop Squash	A pre-1885 French heirloom. This is a stunning, pure white scallop with deep green radial streaks. Its delicious flesh is great fried or baked.
Ronde De Nice Squash	This is a delicious French heirloom variety. The flesh of this round, green zucchini is very tender and fine flavored. Vigorous, quick-growing plants. 50 days.
Rugosa Friulana	Common in northeastern Italy. Rich and full flavored.
<u>SWISS CHARD</u>	
Five Color Silverbeet	A beautiful chard; its colors are brilliant (pink, yellow, orange, red and white). This chard originated in Australia. Very mild, ornamental, and tasty. 60 days.
Oriole Orange Chard	A stunning orange chard that is just delicious. 60 days.
Flamingo Pink Chard	Neon, hot pink chard is perfect picked small for salads or larger for braising. 60 days.

TOMATOES

PURPLE TOMATOES

Black Cherry Tomato

Beautiful black cherries look like large, dusky purple-brown grapes; they have that rich flavor that makes black tomatoes famous. Large vines yield very well; very unique and delicious. 75 days.

Black Krim Tomato

Dark red-purple fruit, rich sweet flavor. Very juicy. An heirloom from Russia with very unique looking, large fruit. 80 days.

Black Plum

Dainty little plum-shaped fruits, 2 inches wide by an inch long. Mahogany-skinned berries show some green shoulders, and have the complex flavors found in black/purple tomatoes. Makes a wonderful salsa or spaghetti sauce, yet juicy enough for fresh use. 70 days.

Black Prince Tomato

An heirloom from Irkutsk, Siberia. The 5-oz. tomatoes are round and uniform; the color is a wonderful deep blackish-chocolate brown. The flavor is as deep, sweet and rich as the color. A unique salad tomato that produces a large crop. 70 days.

RED TOMATOES

Moneymaker Tomato

An old English heirloom that produces 4-6 oz. globes that are intensely red, smooth and of very high quality. Flavorful and becoming rare. 75-80 days.

Riesentraube Tomato

This old German heirloom was offered in Philadelphia in the mid-1800s. The sweet red 1-oz fruit grow in large clusters, and the name means "Giant Bunch of Grapes" in German. It has a rich, full tomato flavor. Large plants produce massive yields. 76-85 days.

St. Pierre Tomato

A beautiful French heirloom. The tender fruits have a full, rich tomato flavor and are large in size. They are deep red and excellent producers. 78 days.

STRIPED TOMATOES

Tigerella Tomato

Originating in England, the 2-inch tasty round fruit are bright red with orange stripes. 55-75 days.

YELLOW TOMATOES

Egg Yolk Tomato

The fruit are a lovely yellow color, being the shape, size and color of an egg yolk. A tantalizing taste treat bursting with rich, fruity flavor.

Golden Monarch Tomato

From the 1940s, the large, bright yellow fruit have outstanding flavor, being sweet and tangy. Plants produce 10-to 14-ounce beauties. 80 days.

Hartman's Yellow Gooseberry Tomato	From the pre-1930s, the vines bear clusters of 1" "Gooseberries" that are sweet, mild and tasty. Light golden-yellow in color. Large yielding.
Poma Amoris Minora Lutea Tomato	Small, bright yellow fruit are borne in trusses, and yields are good. They have a nice flavor and are an ancient variety that is described in various historic botanical books. Grown at Hortus Botanicus, Padua, Italy, 1553.