



The Seedling Chronicle



In This Week's Share.....

Dill~ 'Bouquet'

Most widely grown. Good seed and leaf yields. 55 days to leaf harvest.

Lettuce~ 'Rouge D'Hiver'

An old French variety with medium-red tinted leaves. Excellent taste. 28 baby. 58 full.

Lettuce~ 'Black Seeded Simpson'

Early lettuce. Quickly produces a large head of delicious, crinkly, juicy light green leaves. 28 baby. 48 full.

Lettuce~ 'Baby Oakleaf'

Medium-green, oak-shaped leaves with rounded lobes. Holds for an extended period without bolting. 47 dtm.

Lettuce~ 'Deer Tongue'

Tongue-shaped outer leaves. Slow to bolt and taste stays mild. A nice heirloom specialty. 28 baby. 46 full.

Chard~ 'Bright Lights'

Stems of many colors. The taste is milder than ordinary chard, with each color a bit different. 28 days to baby. 55 days to bunching.

Mustard~ 'Osaka Purple'

Mild for light cooking and salads. Matures 12-14" tall, and has medium-green leaves with purple-red veins and tinge. 21 days to baby. 40 days to full size.

Beans~ 'Scarlet Runners'

A hummingbird favorite. Scarlet flowers against green, heart-shaped foliage. Beans are edible and delicious when young. Keep pods picked for continuous bloom. 45-55 dtm.

The Beauty of Scarlet Runner Beans

The seeds you received this week are for a very special plant, the Scarlet Runner Bean! The beauty of growing Scarlet Runner Beans is that you're growing an edible ornamental. It's grown as a flowering plant and as a vegetable!

Scarlet Runners are easy, fast growing plants, climbing up to ten feet in a season. Plants will produce a profusion of gorgeous scarlet-red flowers amidst a heavy cover of leaves. Scarlet Runner Beans require something to climb. Plant them along a fence or trellis. After the blooming period, the beans will be accessible to harvest right from the trellis.

Scarlet Runners are best grown after the last frost date has passed. If you chose to

plant them soon, cover them at night when freezing temperatures are expected. Germination is quick and in a warm soil they can emerge in under a week. Adding compost prior to planting will help them to grow quickly to their full potential. When planting, the beans can be spaced 4-8" apart. Add ample amounts of water and fertilizer. Just before the blooming period, apply a fertilizer high in phosphorus, to promote new blooms.

The flowers can be harvested when they show strong color, as buds or fully open. Unopened buds can be stored in the refrigerator for 2-3 days on a slightly damp towel in a covered container. Open flowers should be used immediately.

After the flowers have bloomed, bean pods will begin to grow. If picked very young, the pods are edible. They get tough and stringy very quickly. Beans can be eaten raw or cooked. They can be used fresh, dried, or frozen. Picking beans continuously will promote new flowers and more beans!



Swiss Chard

Swiss chard has brought color, flavor and nutrition to gardens since the time of Aristotle. Adaptable and productive, chard tolerates light frost as well as summer heat. Think of this crop as tall, heat-tolerant spinach.

Swiss chard is actually the same species as the beet. The critical difference between them is that beets put their energy into producing sweet, succulent roots, and swiss chard concentrates on abundant, tasty leaves.

Swiss chard prefers sunny locations and fertile, well-drained soils rich in organic matter.

This plant can be harvested singly as soon as the plant is about 4 inches tall. By picking the outside leaves, you will be encouraging new, succulent growth. Once the leaves become large, they will be tougher.

Chard is an excellent source of vitamins and minerals. It also has a very striking value as an ornamental.

In This Week's Share continued....

Calendula~ 'Flashback Mix'

The underside of the petals is a muted burgundy giving the flowers a unique, flashy appearance. An excellent mix of colors. Ht. 18-24". 55 dtm.

Sunflower~ 'Lyng's California Greystripe'

The best sunflower for edible seeds. Bright, golden-yellow flowers up to 10" across. Attracts birds. 120 dtm.

The Sunflowers

by Mary Oliver

Come with me
into the field of sunflowers.
Their faces are burnished disks,
their dry spines
creak like ship masts,
their green leaves,
so heavy and many,
fill all day with the sticky

sugars of the sun.
Come with me
to visit the sunflowers,
they are shy

but want to be friends;
they have wonderful stories
of when they were young -
the important weather,

the wandering crows.
Don't be afraid
to ask them questions!
Their bright faces,

which follow the sun,
will listen, and all
those rows of seeds -
each one a new life!

hope for a deeper acquaintance;
each of them, though it stands
in a crowd of many,
like a separate universe,

is lonely, the long work
of turning their lives
into a celebration
is not easy. Come

and let us talk with those modest
faces,
the simple garments of leaves,
the coarse roots in the earth
so uprightly burning.

Edible Flowers

Edible flowers aren't a new phenomenon, but garnishes of fresh flowers tend to intimidate people. No one is really sure if the flowers are there for decoration or to be eaten. There are several flowers blossoms that can be enjoyed both fresh and cooked and I have included a few in your CSA shares. They include:

Nasturtiums: Have a peppery tang to them. The flower, leaves and seed pods are edible. Chop leaves to add to salad; use flowers stuffed or minced and added to butters.

Calendula: The petals work well in cooked and fresh dishes. Calendula is also

used as a saffron substitute. The yellow or orange petals will color and flavor foods when chopped and sautéed. Calendula also serves a useful function in attracting beneficial insects into the garden. Calendulas are reputed to have medicinal properties and you can find them commonly included in various salves, creams, soaps, lotions, ointments, tinctures, and teas.

Gem Marigolds: 'Lemon Gem' and 'Tangerine Gem' Marigolds are the only edible marigolds. As their names suggest, they have a citrus flavor, even though you won't smell a citrus scent. Pull off the petals and break off and remove the bitter portion that comes to a right angle.



Violets: Viola tricolors are edible and can be used to decorate cakes, salads or other dishes. Gourmet chefs will often sugar the flowers to keep the blooms looking beautiful and add to fancy dishes as an attractive garnish.

Edible flowers should ideally be harvested in the cool, morning hours. If you are not going to be using the flowers immediately, store them in damp paper towels, in the refrigerator.

Mustard Greens

Often times people aren't sure what to do with mustard greens, so I wanted to give them a little promotion. Mustard greens are an absolutely delicious member of the cabbage family. The whole plant can be cut at once or individual outer leaves can be picked for a cut-and-come-again harvest. The young leaves, four to five inches long, are mild-flavored and can be eaten raw in salads. The older leaves taste better when prepared as cooked greens. Mustard greens are often attacked by flea beetles, so keep an eye on them. If you are not interested in growing them for food, try them as a trap crop. You'll be missing out though because they are delicious!

Mustard Greens Recipe

1/2 cup thinly sliced onions
2 cloves garlic, minced
1 Tbsp olive oil
1 pound mustard greens, washed and torn into large pieces
2 to 3 Tbsp chicken broth or vegetable broth
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dark sesame oil

Sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant. Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

	Spacing Requirements	Sun Requirements
Dill	12 inches	Full Sun
Lettuce	10-12 inches	Full Sun~ Partial Shade
Swiss Chard	10-12 inches	Full Sun
Mustard Greens	8 inches	Full Sun
Sunflowers	12-24 inches	Full Sun
Calendula	6-9 inches	Full Sun

