

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable and Herb Information

This listing of vegetables, herbs, and a few fruits is intended to include information that is both informative and useful. While we all eat and enjoy these tasty and nutritious foods, we often know very little about them. While there is a lot to know, we have attempted to include the obvious and most important: Suggestions on how to select them in the market or from one's own garden, how best to prepare them, and their nutritional values. We have also tried to include their history and place of origin, a few useful botanical terms and phrases, and basic botanical and taxonomic relationships to place some context around them. Please be aware that Tucker Farms does not grow everything on this listing, but offers this information on the premise, paraphrasing Thomas Jefferson, that an educated public, given the correct information, will know what to do with it. Generally speaking, Tucker Farms does not sell vegetables to the general public. But having said that, if one calls Steve Tucker during the growing season sufficiently ahead of time to place an order to be filled on Friday, he just might fill your order while he is preparing vegetables for his commercial customers.

Vegetable	Genus species subspecies	Variety/Cultivar	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. 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.	
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.	This peppery, tender green can be served in a salad or cooked. Use it in place of basil for a spicy pesto sauce.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Asparagus			The larger the diameter, the better the quality! Asparagus is a nutrient-dense food which is 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. Contrary to 'common knowledge': The thicker the stalk, the tenderer the asparagus. Thin asparagus is to be avoided.	Asparagus of any color can be served alone, sautéed, baked, roasted, shaved in salads, tossed into pasta or a quiche. Green is considered to be the most nutritious when comparing purple vs. white vs. green asparagus, as it contains potassium, calcium, vitamins B and C, folic acid, and beta-carotene. It also has the most fiber of the colors.
Purple	<i>Asparagus officinalis</i>	Purple Passion	Developed in Italy where it is more popular than green asparagus. 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. Generally speaking, purple and blue colored vegetables have higher anthocyanin content making them better antioxidants	Because of its sweetness, it can be used either raw or cooked.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
White	<i>Asparagus officinalis</i>		Far more popular in Europe than green asparagus. It is grown underground to avoid sunlight which prevents chlorophyll from forming, a process that is known as etiolation. Otherwise, it is the same as green asparagus, except that its flavor is more bitter	White asparagus is thicker and a little bit more fibrous than green asparagus, so the bottom two-thirds should be peeled. Make sure that white spears are cooked all the way through before serving, but those thicker stalks lend themselves to roasting and grilling. In Europe, white asparagus is typically simmered and then either drizzled with melted butter or dipped in hollandaise sauce.
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.	Choose pods with small, young beans. Serve the pods whole, along with coarse sea salt and butter, letting your guests shell their own beans. Provide a dish for the discarded pods.
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		

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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.	
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.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Broccoli			Broccoli has long been touted as a nutritious 'healthy' vegetable. Scientists are only now discovering the reason why: glucosinolates, bioactive compounds highly touted as antioxidants which boost immune health, respiratory health and cardiovascular health.	
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		
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"	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Kohlrabi	<i>Brassica oleracea gongyloides</i>	There are several varieties commonly available, including White Vienna, Purple Vienna, Grand Duke, Gigante (also known as "Superschmeltz"), Purple Danube, and White Danube.	A low, stout cultivar of the cabbage that will grow almost anywhere. It has been selected for its swollen, nearly spherical shape. The name comes from the German <i>Kohl</i> ("cabbage") plus <i>Rübe</i> ~ <i>Rabi</i> (Swiss German variant) ("turnip"), because the swollen stem resembles the latter.	Kohlrabi can be eaten raw or cooked. It tastes a lot like broccoli stems. It is often used in Indian cuisine.
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.	Carrot salad: Grate carrots on the fine hole of a grater and toss with red wine vinegar, a little extra-virgin olive oil, optional salt and pepper. Young Carrots with Mustard Glaze: Cook carrots (leave some of the young green leaves intact) in broth until tender. Drain and add butter, a little sugar and Dijon mustard. Cook, turning often, until a glaze forms.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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 firey 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.
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.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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 overcook 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.
Orange cauliflower	<i>Brassica oleracea botrytis</i>		Discovered in Canada in 1970, the mutant vegetable was shipped to Cornell University, where agricultural scientists crossbred it with white varieties to create the showstopper of a vegetable that's now available at farmers' markets and some grocery stores. It is an antioxidant due to its high level of carotenoids, i.e. extra beta-carotene naturally stored in its florets, which also gives this cauliflower 25 percent more vitamin A than the more common white variety	Same as white cauliflower
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	<i>Zea mize</i>	Mystique	Very sweet and tender, 16-row, bicolor	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Super Sweet	<i>Zea mize</i>	Northern Xtra Sweet	Very sweet, yellow	
Super Sweet	<i>Zea mize</i>	Candy Store	Very sweet, bicolor	
Super Sweet	<i>Zea mize</i>	Confection	Very sweet, bicolor	
Super Sweet	<i>Zea mize</i>	Sweet Chorus	Very sweet, bicolor	
Super Sweet	<i>Zea mize</i>	Sweet Symphony	Very sweet, bicolor	
Super Sweet	<i>Zea mize</i>	Delectable	Sugary bicolor	
Baby Corn	<i>Zea mize</i>	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	<i>Zea mize</i>	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, Sautéed, 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

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
'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
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.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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. A simple idea for spring vegetables: Mix fresh ricotta with minced green garlic, salt and pepper.
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.	Garlic scapes are like a cross between garlic and scallions; mildly assertive, but not overpowering. 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.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Fennel			Fennel has been used since ancient times and is considered indigenous to the Mediterranean. The ancient Greeks knew fennel by the name "marathon"; it grew in the field in which one of the great ancient battles was fought and which was subsequently named the Battle of Marathon after this revered plant. Greek myths also hold that knowledge was delivered to man by the gods at Olympus in a fennel stalk filled with coal. Fennel was revered by the Greeks and the Romans for its medicinal and culinary properties.	
Fennel Bulb, syn. Florence fennel, finocchio, anise, sweet anise.	<i>Foeniculum vulgare azoricum</i>	Florence fennel	Firm plump white bulbs with fresh feathery foliage. Small bulbs less than 12 cm in diameter are most tender. Fennel has a sweet, mild licorice flavor, sweeter and more delicate than anise. When cooked it becomes even lighter and more elusive than in its raw state. Especially popular in France and Italy for Mediterranean cooking.	Superb sliced raw in green salads, it can be sautéed, stewed, braised, grilled, or roasted. It is a popular flavoring for fish, soups, salads and stews. Some use it as a substitute for celery. It goes well in chicken cassarole. It will keep a long time in the refrigerator.
Greens			Greens covers a lot of territory. 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. One can imagine that the locals already knew about greens.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Beet Greens			Pick when plant are young for best flavor and tenderness.	Similar to Swiss Chard, but with a stronger flavor and stems are not as tender.
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 ' <i>in the know</i> ' 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. Bok choy (Pak choi) is the ideal stir fry green. The thing to know about bok choy (and pak choi) is that you want to cut and cook the stems before the leaves. Unlike kale, bok choy stems usually are not separated from the leaves and discarded. Bok choy stems, while somewhat tough, will become tender and quite palatable with some additional cooking time.
Broccoli greens			These are the leaves (tops) of the broccoli plant. They are quite similar to cauliflower, except flavor is similar to broccoli	Use anywhere that broccoli is used. Broccoli greens can be added to salads, soups, stews, cassaroles.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Carrot greens, i.e. carrot tops, carrot leaves	<i>Daucus carota sativus</i>		Carrot tops have a false reputation in North America as being inedible. However, carrot tops are highly nutritious, rich in protein, minerals and vitamins, especially vitamin K. They are high in potassium which makes them taste bitter--use them in small amounts. Carrot greens are very aromatic and flavorful, far more than the root. Use them sparingly to avoid overpowering recipes. Please note that some people's skin may be sensitive to carrot leaves (contact dermatitis).	Carrot greens can be added to any recipe using carrots, especially soups, stews, cassaroles. Add some chopped to a mixed lettuce salad. Carrot tops make an excellent garnish. Try them in a Tuscan carrot top and rice soup or a carrot top and quinoa soup.
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
	<i>Brassica oleracea acephala</i>	Champion	A green with large, flat leaves. It is a member of the cabbage family. Leaves are like kale--crisp, tender and juicy.	Sauté in oil with garlic or onions or boil with ham hocks for a traditional Southern dish.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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.
Collard			A member of the cabbage family with large, flat leaves. It is a staple in Southern cooking that is never eaten raw because of its bitter flavor.	Remove the tough stems before cooking. Sauté in oil with garlic or boil with ham hocks for a traditional Southern dish.
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</i> <i>acephala</i>	Red Russian	A hearty green related to broccoli and cauliflower. Red Russian kale is a kind of cabbage with purple stems, deep gray-green, purple-veined, flat, non-curved, 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. Kale is ranked by the University of California as the most antioxidant-rich vegetable.	For salads and light cooking. It holds its shape in soups and stews, and pairs beautifully with eggs or potatoes. Find a recipe for "Smoked sausage, kale and potato soup". You will not regret it.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Komatsuna, syn. Japanese Mustard Spinach	<i>Brassica rapa pervidis (or komatsuna)</i>	Summerfest	Dark green, glossy leaves and thin, light green stalks are very tender and delicious with a pleasant turnip-like flavor lying somewhere between spinach and Asian greens on the flavor spectrum.	Young leaves, stalks and flower shoots are used in salads and braising (stir-fry). It is also very popular for salt pickling in Japan.
Mache/Corn Salad	<i>Valerianella locusta</i>	Jade	Semi-elongated leaves	
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, soups and light cooking. It is peppery, but not as spicy as arugula.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
<p>Pea Greens, syn. Pea Shoots, Dou miao. See also Pea Shoots.</p>	<p><i>Pisum sativum</i></p>	<p>Oregon Giant, Oregon Sugar Pod (Mangetout pea), Dwarf Grey Ginger, Sandy, Usui</p>	<p>Pea shoots have been used in Asian cuisine for centuries. Pea greens are sold in big tumbled masses at farmers markets, Asian markets and specialty groceries in spring and early summer. They are not well suited to traditional supermarkets since they go bad so quickly. Look for bright pea green vines with fresh, vibrant looking leaves, avoid those with brown or mushy ends or damaged leaves. Pea greens should be used within a day or two after buying them. In the meantime, store them loosely wrapped in plastic in the refrigerator. Caveat: To be technically correct, pea shoots, a.k.a. dou miao (Mandarin) or dau miu (Cantonese), are the <u>tips</u> of the pea plant, whereas pea greens are the <u>vining</u> plant and the <u>tendrils</u> which support the pea pods. The problem is that "dou miao" which means pea shoots or the "tip" of the pea plant has been corrupted and is used all over Asia to mean <u>any</u> of these three pea plant products.</p>	<p>Pea greens are best simply sautéed in a bit of olive oil or grapeseed oil with browned garlic or shallots. A squirt of lemon juice at the end will highlight the bright, clean flavor of pea greens. Pea greens are also delicious when added to soups where their great leafy volume cooks down into lovely green ribbons. In Asia, pea greens are used as part of dumpling filling, paired with fermented bean curd and flash-fried with garlic. They are also paired with other springtime favorites such as fava beans, asparagus, green garlic and flowering chives. Many eat them raw in salads with other tender greens. To prepare, rinse with cool water and use only the most tender parts of the stem (and leaves), discarding the woodier stems. No matter how you cook pea shoots, they don't need but a few seconds of cooking. This can be achieved by adding them to a dish such as risotto or pasta just before removing from the heat, tossing them in a stir-fry after the heat has been turned off, or placing them on a plate, uncooked, and topping with a fillet of fish such as halibut hot from the grill or broiler. While some argue that pea greens and potato are the best recipe to try pea greens, other will strenuously argue that Pea Greens with Carrots and Scrambled Eggs are best.</p>

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Radish Greens	<i>Raphanus sativus</i>		Radish greens are generally avoided in the U.S., probably because of the pricklers on the stems and leaves. BUT, when cooked, the pricklers soften and the greens become a welcome addition to soups and stews, especially when the radishes themselves are added too. Many consider the greens tastier than the radish itself--of this we agree.	These have a peppery flavor, and they're great raw in salads and sandwiches (but only if one uses very young, small leaves), 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.
Swiss Chard -- White	<i>Beta vulgaris cicla</i>		The standard green swiss chard, i.e. white stalks with green leaves.	The leaves are similar in flavor to spinach, but the stems are somewhat reminiscent of celery. Wash well to remove sand and grit trapped in the crevices of the leaves. It may be best to soak the leaves in a large basin of water, allowing sand and grit to sink to the bottom. Like bok choy, give the stems additional cooking time.
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.	Same as Swiss Chard -- White.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Swiss Chard --Yellow	<i>Beta vulgaris cicla</i>	Bright Yellow	Bright yellow stems and leaf veins contrast with deep green leaves.	Same as Swiss Chard -- White.
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.	Same as Swiss Chard -- White.
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.
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.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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.	Leeks in vinaigrette: Choose pencil-size leeks, then blanch or steam until tender. When warm, dress with a vinaigrette or extra-virgin olive oil and red wine. Serve warm or at room temperature topped with finely chopped, oil-cured black olives or minced, hard-cooked egg.
	<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.)	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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	Peas originated in the Near and Middle East or perhaps Central Asia. They are one of the world's oldest cultivated crops dating back at least 11,750 years. Peas are said to have been Thomas Jefferson's favorite vegetable to grow.	One pound of pea pods will give you about a cup of shelled peas.
			The standard sweet pea	For fresh pea soup: Cook fresh shelled peas or shelled, skinned favas in chicken or vegetable broth until tender. Purée, add salt, pepper and reheat. Stir in crème fraîche and garnish with fresh mint, chervil, parsley or thyme blossoms. Also works with fava beans.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Peas	<i>Pisum sativum</i>	Little Marvel	Introduced in 1908, also known as American Wonder, this English variety is a cross between Daisy and William Hurst. Plants are 15-20 inches tall. Pods are 3-4 inches long and contain 6-7 medium-size, dark green peas. Long picking season. High yielder.	Very sweet flavor.
Peas	<i>Pisum sativum</i>	Lincoln Peas	Introduced before 1908, also known as Homesteader. Plants are 18-30 inches tall. Pods are 3-4 inches long and contain 6-9 small, wrinkled, cream-colored peas. Performs well in cold climates.	Excellent flavor.
Peas	<i>Pisum sativum</i>	Thomas Laxton	Introduced in 1900, also known as Freezonian, and named after the famous pea breeder. Plants grow to 3 feet tall. Pods are 3-5 inches long and contain 7-9 large peas. An early to mid-season producer that yields over a long season. Does well in coastal regions.	Good flavor, but not really sweet.
Peas	<i>Pisum sativum</i>	Alaska	Introduced in 1880, this is an early, semi-dwarf variety named after a steamship that held the transatlantic speed record because it is one of the earliest peas. Plants are 24-36 inches tall. Pods are 2-3 inches long and contain 5-8 small, smooth, light green peas. Plants are great for cool climates.	Peas are not really sweet.
Pea Pods	<i>Pisum sativum</i>	Progress		

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Pea Shoots, syn. Dau Miu, Dou Miao, 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. Pea Shoots are harvested after just 2-4 weeks, depending on weather conditions, when the leaves are tender, young and literally bursting with a distinctive pea flavour.	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	
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.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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 eaten raw, deep-fried or stuffed. They taste mildly of raw squash. The blossoms have a very short shelf-life, use them immediately from the field for best results. They rarely last more than 24 hours after picking.
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.	
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.

TUCKER FARMS, INC.
G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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. In the spring: Choose small, young radishes. Clip the root end, but leave several of the green leaves intact. Serve with coarse sea salt, butter and bread. When cooked, the radish becomes a far more mellow offering.
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.	These have a very mild flavor and can be added easily to stews, soups, stir fries (if sliced thin).
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.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Rhubarb	Taxonomically, all rhubarb falls into the genus <i>Rheum</i> . In this genus there are three species: <i>R. officinale</i> , <i>R. palmatum</i> , and <i>R. rhabarbarum</i> . The first two are the medicinals known as "Chinese rhubarb". The last is what we know as garden rhubarb.	At Tucker Farms, our rhubarb was likely planted in its present location around 1950, probably using rootstock from our grandfather, Joseph J. Tucker, dating from the 1920s. We really do not know the variety.	Rhubarb has been grown as a medicinal in China since 2700 BC. Its center of origin is believed to have been in Mongolia and Siberia. Garden rhubarb has been grown in the U.S. since the mid-1700s, perhaps introduced from Europe by Benjamin Franklin. It wasn't till the mid-1900s, in New England, that rhubarb fell into common usage as a pie and tart filling, sauce, and even for home-made wine. Garden rhubarb is correctly classified a vegetable everywhere in the world, except New York State, where in 1947 it was legally classified as a fruit because that is how it is usually cooked. One must understand the byzantine tax laws of NYS for this to make any sense. <u>Caveat:</u> Rhubarb is high in oxalic acid (570–1,900 mg of oxalate per 3.5 ounces (100 grams) and it can lead to hyperoxaluria and kidney stones in those sensitive to it. The leaves contain even higher concentrations of oxalic acid and should not be eaten by anyone.	Rhubarb is naturally tart -- bone-chillingly, mouth-puckeringly tart -- when raw. So, only the fewest brave souls ever eat it in its raw state. It is nearly almost always cooked or baked with a generous serving of sugar
Red	<i>Rheum rhabarbarum</i>	Canada Red, or Victoria?	Garden rhubarb is a robust perennial that is grown for its plump, pinkish to red leafstalks, having an agreeable tart acid taste. It is a spring-time vegetable available only from mid-late May into June	Commonly used for tarts, pies, or as a base for wine. Pick it when it is young, tender and on the narrow side: 1/4 to 1/2 inch in diameter. Once it gets thick, it gets stringy or tough, similar to celery when it gets too old

TUCKER FARMS, INC.
G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Squash			Native to North America, perhaps the Ozark region of Arkansas and Missouri. The fruits of various members of the gourd family commonly called squash fall into two categories: Summer squash and Winter squash. The terms summer and winter no longer pertain to reality in the squash world. Summer types are on the market all year round; winter types are on the market in the late summer, late fall and throughout the winter. Therefore the current descriptors 'summer' and 'winter' are now misnomers, perhaps misleading, certainly confusing.	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, pan-fried, battered and deep-fried or stuffed. They taste mildly of raw squash. The blossoms have a very short shelf-life, use them immediately from the field for best results--they rarely last more than 24 hours after picking. Winter squash is high in antioxidants and vitamins.
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Sunburst	Bright deep yellow scallop and good flavor. Tenderest when picked at 2 to 3, but can be picked as large as 4 inches diameter.	Delicious when steamed slightly and tossed with butter, or sliced, coated with batter and fried until golden brown. Its tender flesh can be scooped out and mixed with flavorings such as garlic prior to reinsertion. In Polish cuisine they are pickled in sweet vinegar. The scooped-out husk can be used as a decorative container for other foods. Pattypan is a good source of magnesium, niacin, and vitamins A and C. One cup contains approximately 20 to 30 calories and no fat. It is often sliced, coated and fried until golden brown.
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Patty Green Tint	Attractive, pale green fruit. Nutty flavor. Tenderest when picked at 2 to 3, but can be picked as large as 4 inches diameter.	See above

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Butter Scallop	Attractive, rich-buttery colored fruit. Good flavor. Tenderest when picked at 2 to 3, but can be picked as large as 4 inches diameter.	See above
Summer: Patty Pan/Scallop	<i>Cucurbita pepo</i>	Starship	Attractive, medium-green patty pan fruit. Smooth, firm texture. Good flavor. Tenderest when picked at 2 to 3, but can be picked as large as 4 inches diameter.	See above
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. Tenderest when picked at 2 to 3, but can be picked as large as 4 inches diameter.	See above
Summer: Zucchini, yellow	<i>Cucurbita pepo</i>	Gold Rush	This will include yellow summer squash, straightneck squash and yellow crookneck squash. Choose those that are small and firm and free of bruises or blemishes. Bigger is not better.	Can be fried, steamed, microwaved or baked. Often used interchangeably with zucchini. Note: There are a variety of recipes in which the flowers may be deep fried as fritters or tempura (after dipping in a light tempura batter), stuffed, sautéed, baked, or used in soups.
Summer: Zucchini, green	<i>Cucurbita pepo</i>		The green version of the above.	Same as above.
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. It closely resembles a small pumpkin. Very tasty.	Peel it, cube the flesh, roast it, and serve like cut-up sweet potatoes.

TUCKER FARMS, INC.
G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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	One of the turban squashes (hard shells with turban-like shapes). Dark green skin accented with lighter green streaks. Sweet and creamy orange flesh.	Can be baked, mashed, pureed, steamed, simmered or stuffed.
Winter: Hubbard	<i>Cucurbita maxima</i>	Blue Hubbard	Very large, irregularly shaped with extra-hard, 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 (beige) skin with sweet orange flesh.	Flavor is sweet, nutty, some say it is like butterscotch. The oranger the color, the riper, drier and sweeter the squash. It is commonly used in soup because it tends not to be stringy.
Winter: Butternut	<i>Cucurbita moschata</i>	Betternut	Fine-textured, deep-orange flesh. Sweet nutty flavor is rated very high.	
Winter: Spaghetti	<i>Cucurbita pepo</i>		An oblong seed-bearing variety of winter squash whose fruit can range either from ivory to yellow or orange in color or green with white streaks. Its center contains many large seeds. Its flesh is bright yellow. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh falls away from the fruit in ribbons or strands like spaghetti or cooked shark's fin. The yellowest will be the ripest and best to eat. Larger spaghetti squash are more flavorful than smaller ones.	Spaghetti squash can be baked, boiled, steamed, or microwaved. It can be served with or without sauce, as a substitute for pasta. The seeds can be roasted, similar to pumpkin seeds. To prepare spaghetti squash, cut the gourd in half lengthwise and remove the seeds, then bake or boil it until tender. Or, wrap it in plastic wrap and microwave on high for 10 to 12 minutes. Once cooked, use a fork to rake out the "spaghetti-like" stringy flesh (all the way to the rind), and serve. Spaghetti squash contains many nutrients, including folic acid, potassium, vitamin A, and beta carotene. It is low in calories, averaging 42 calories per 1-cup (155 grams) serving

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Squash seeds				Squash seeds can be eaten directly, ground into paste, meal, 'nut' butter, even a fine flour, or pressed for vegetable oil.
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.	
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.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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.	
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. Unlike kale and some of the other greens, spinach shrinks dramatically when cooked. Two to three pounds of fresh spinach will yield two cups cooked.

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Strawberry			Actually, not a vegetable, but a fruit, this is the so-called 'garden strawberry', cultivars of which comprise nearly all of the commercial fruit crop grown in all temperate regions of the world. While wild versions of strawberry have been in cultivation for at least 2,200 years (in Chile and Peru and in the Mid-Atlantic/Northeast US), the modern garden strawberry was bred in Brittany, France in 1740 from a cross of <i>Fragaria virginiana</i> x <i>Fragaria chiloensis</i> . Strawberry cultivars vary remarkably in fruit (berry) size, color, flavor, shape, firmness, date of ripening, disease resistance, freezing quality. Strawberry plants must be replaced after a few years with new, certified strawberry plants. There are basically 3 types of strawberry plants to choose from: June bearing, Everbearing and Day Neutral. June-bearing strawberry produce one large crop during 2-3 weeks in June; Everbearing strawberries produce two or three intermittent harvests of fruits during a normal growing season; Day Neutral strawberries produce fruits throughout the growing season.	Strawberries can be eaten fresh, raw or cooked, frozen, made into preserves, dried, or used in a wide variety of processed foods. Strawberries are popular additions to dairy products such as ice cream, milkshakes, smoothies and yogurts. Strawberries and cream is a popular dessert. Strawberry pie is popular. Strawberries can be dipped in melted chocolate fondue.
Strawberry	<i>Fragaria ananassa</i>	Cabot	A mid-season cultivar released in 1998 by Agriculture & Agri-Food Canada (AAFC).	
Strawberry	<i>Fragaria ananassa</i>	Cavendish	A mid-season cultivar released in 1990 by AAFC.	
Strawberry	<i>Fragaria ananassa</i>	Darselect	An early mid-season cultivar released in 1998 by USDA.	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Strawberry	<i>Fragaria ananassa</i>	Honeoye	Released in 1979 by Cornell/NYSAES. The time-proven early season variety. Berries are medium-large and bright red but sometimes lack good flavor. High yields are harvested in early midseason. Tolerant of most foliage diseases but not resistant to red stele or verticillium wilt. Excellent for freezing. Winter hardy.	
Strawberry	<i>Fragaria ananassa</i>	Idea	Released in 1991 (in Italy). A late-season cultivar. Its fruits are typically orange-red, large, conical, and moderately firm. Its differentiating characteristics include its disease resistance, the lateness of fruiting, the berry color, and its large yield.	
Strawberry	<i>Fragaria ananassa</i>	Jewel	A late midseason cultivar released in 1985 by Cornell & NYSAES. High yields of large wedge-shaped fruit with good firmness and very good flavor.	
Strawberry	<i>Fragaria ananassa</i>	Record	Released in Italy. Exhibits smaller than usual fruits. Not recommended for organic cultivation. forms attractive fruit that commonly is larger in size than that of the `Idea` cultivar--both larger fruits and greater yields. Read more: http://www.faqs.org/patents/app/20090038039#ixzz0qf7Xsvab	
Strawberry	<i>Fragaria ananassa</i>	Sparkle		

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Tomatoes			<p>The center of origin for tomato is the Peruvian Andes of South America. Of less certainty is where tomato was first cultivated. Most experts suggest that the Incas cultivated the tomato in Peru and spread its influence northward where it was 'discovered' by the Spanish conquistadors in Central America and whence it was taken to Europe, whereupon we know its subsequent history as having been grown in Spain, Portugal, Greece, France and Italy from at least 1692 onward. Despite its acceptance in Europe, in Great Britain and consequently in America, the tomato was viewed with much skepticism, indeed it was regarded as deadly poisonous. Until such time as Thomas Jefferson began extolling the virtues of the tomato (1782) and began publishing recipes using them, Americans strictly avoided tomatoes. Technically, tomato is a fruit, despite the U.S. Supreme Court decision in 1893 declaring that it is a vegetable.</p>	
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,	

TUCKER FARMS, INC.
 G A B R I E L S , N E W Y O R K
Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
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.	
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.