

TUCKER FARMS, INC.
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Home of the Great Adirondack Corn Maze™ and TuckerTaters™

Vegetable and Herb Information

This listing of vegetables, herbs and a few fruits ought to include information that is useful, interesting and valuable to our readers. We all eat and enjoy these tasty and nutritious foods, yet we often know very little about them. While there is a surprising amount to know, we have attempted to include only the obvious and most important: Suggestions on how to select them in the market or from one's own garden, how to prepare them, some clues about how they taste, 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 relationships between various cultivars and species 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 that an educated public, given the correct information, will know what to do with it. For Tucker Farms' offerings, see Listing of Vegetables, Their Availability and Price. The above notwithstanding, Tucker Farms will entertain growing new items if there is enough demand for them. So, tell all of your friends and drum up a demand for new offerings at Tucker Farms. A long time ago, a wise farmer once said, "Do not plant anything that you cannot sell."

Vegetable	Genus species subspecies	Variety/Cultivar	Description	Cooking Hints/Suggestions
Artichoke			Native to the Mediterranean region and cultivated for at least two thousand years, 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. Artichokes are low in calories yet dense in nutrients.	Artichokes can be intimidating to the uninitiated. Always wash them in cold water, brushing with a soft kitchen brush to remove the natural, light film that forms while growing. This film can give the choke a bitter taste if not removed. Then cut off the top inch or so. If there are any leaves with thorned tips, pull them out or cut them off with kitchen shears.
Artichoke, syn., Globe artichoke, French artichoke, Green artichoke	<i>Cynara cardunculus</i>	Imperial Star	Choose globes that are dark green, heavy, and have "tight" leaves. Don't select globes that are dry looking or appear to be turning brown. If the leaves appear too "open" then the choke is past its prime. You can still eat them, but the leaves may be tough. (Don't throw these away you can always make artichoke soup).	Artichokes can be steamed, boiled, baked, grilled, microwaved, or cooked in a crock pot. Most boil them in salted water (add a clove of garlic and a bay leaf) for 20 to 45 minutes, until tender. Alternatively, they can be steamed for 15 to 30 minutes or wrapped in plastic wrap and microwaved for 8 to 15 minutes. Drain well, upside down. Serve with melted butter to dip the leaves in or mayonnaise or garlic mayonnaise. Serve cold or hot.

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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 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.
Asparagus			Asparagus is nutrient-dense: high in folic acid, potassium, dietary fiber, vitamins B6, A and C, and thiamin. It has no fat, contains no cholesterol and is low in sodium. It is a spring vegetable, a flowering perennial. Asparagus has been used since ancient times as a vegetable and a medicine due to its delicate flavor and its diuretic properties. Asparagus was cultivated by the ancient Egyptians, Greeks and Romans, who ate it fresh when in season and dried it for use in winter. It lost its popularity in the Middle Ages, but returned to favor in the seventeenth century. Almost everyone has noticed the aroma of asparagus in the urine of those who have recently eaten it. The aroma arises from a series of volatile organic compounds headed up by methanethiol and dimethyl sulfide, but which also include dimethyl disulfide, bis(methylthio)methane, dimethyl sulfoxide and dimethyl sulfone. The salient point is that the benefits of eating asparagus far surpass any negative issues arising from odors emanating from one's urine.	The larger the diameter, the better the quality!
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.
String Bean			The center of origin for <i>Phaseolus vulgaris</i> is clearly Mexico. <i>P. vulgaris</i> is also known as the bush bean, string bean, or snap bean. <i>P. vulgaris</i> by its own means reached what would become the Northeast U.S. by the	

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			1300s AD. Beans are high in soluble fiber, low in calories and fat. Their balance of complex carbohydrates and protein provide a steady source of glucose, 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		
Beets, a.k.a. beetroot or garden beet			Beets are high in vitamin A and C. Almost the entire plant is edible and delicious. Beets are sweetest and tenderest when picked while still small and young. For beet greens see 'Greens' below. Beets have been cultivated for at least 4000 years. The red/purple color of beets is from a class of phytopigments called betalain. Betalains are powerful antioxidants. Unfortunately, betalains can cause beeturia (red urine and feces) in people who are unable to metabolize it. This is not a bad thing as long as one remembers that he has recently eaten beets—otherwise it can be frightening. The good news is that betalains may exhibit anti-cancer activity.	Beets can be baked, roasted, grilled, boiled, sautéed, added to many dishes, including salads--use your imagination. Beets are high in folic acid. They are good for you.
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, 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 has long been touted as a nutritious 'healthy' vegetable. Scientists are only now discovering the reason why. Broccoli contains glucosinolates, bioactive compounds highly touted as antioxidants which boost immune health, respiratory health and cardiovascular health.	Don't forget the leaves which are an excellent source of protein, thiamin, niacin, pantothenic acid, calcium, iron, selenium, vitamin A, vitamin C, riboflavin, vitamin B6, folate, magnesium, phosphorus, potassium and manganese.
Broccoli	<i>Brassica oleracea italica</i>	Packman	Many eat only the florets, but the less flavorful stalk is equally edible as are the leaves (greens).	Eat florets raw in salads, or plain with dip as an appetizer. Cook and serve with hot pasta or with poached fish. Do not overcook. Its mild flavor makes it a versatile vegetable.
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.	Cabbage is commonly used 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>	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			A member of the parsley family, cultivated carrots originated some 5000 years ago in Afghanistan, Iran and Pakistan (the Iranian Plateau) as purple and yellow varieties. These are sometimes called Eastern/Asiatic carrots, or even anthocyanin carrots, because of their purple roots. Documentation of cultivated orange carrots appears in the 6 th Century AD. By the 1700s, white and orange varieties had spread to Europe where the orange carrot eventually displaced the other colors and came to predominate the world. These are sometimes called Western/Carotene carrots because of their orange, red or white roots. Only recently have purple, yellow, white carrots reappeared in the marketplace. Carrots are an excellent source of alpha-carotene as well as beta-carotene (precursor of vitamin A). High pigment varieties are also an excellent source of antioxidants. Carrots are said to be the second most popular vegetable in the world after the potato.	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.
Orange carrots	<i>Daucus carota sativus</i>	Sugarsnax	An extra sweet carrot with high levels of beta-carotene.	Their sweetness makes them great in salads. They are also good for cooking, canning and freezing.

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Red carrots	<i>Daucus carota sativus</i>	Atomic Red	An unusual coral red carrot.	Best when cooked to deepen the color and improve the texture and flavor, which is rather strong raw.
Purple carrots	<i>Daucus carota sativus</i>	Purple Haze	A beautiful showy carrot with deep purple skin and a bright orange core. It has a sweet flavor and a snappy crunch. Purple carrots (usually orange inside) have even more beta carotene than their orange cousins, and get their pigment from an entirely different class, the anthocyanins.	Best suited for eating raw, especially in salads. A great carrot for vegetable trays and gourmet dishes.
Rainbow blend of carrots (white, yellow and orange)	<i>Daucus carota sativus</i>		Orange carrots contain beta carotene, with some alpha-carotene, both of which are orange pigments, high in Vitamin A. Yellow carrots contain xanthophylls and lutene, pigments similar to beta carotene.	
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 written record of cauliflower dates back to 600 B.C., but there is no history of it in America until 1806. Cauliflower is one of the more nutritious vegetables. Cauliflower contains a multitude of phytonutrients: sulforaphane, glucosinolates, carotenoids, insole-3-carbinol. It is also a good source of dietary fiber, folate and vitamin C. While white cauliflower is most common, it is now also available in orange, purple and green.	Cauliflower is nutrient rich, but it is crucial that it not be overcooked. Boiling more than 5 minutes will reduce nutrients by 30%, whereas steaming, microwaving and stir-frying seem to have no deleterious effect.
Cauliflower	<i>Brassica oleracea botrytis</i>	Imperial 10-6	Typically only the head (white curd) is eaten. But its leaves (greens) are quite edible as well. Cauliflower has a very mild cabbage-like flavor, while the leaves have a surprisingly sweet and very slightly nutty cabbage-like flavor.	Florets are best eaten raw as in salads or plain as an appetizer served with dip. Do not over-cook the florets—they get soggy if boiled too long. Cauliflower can be boiled, fried, steamed or roasted. It is a fine addition to soups and stews. A cauliflower head complete with leaves can be roasted with soy sauce, garlic and scallions for a delicious and very nutritious meal.
Corn			Sweet corn was first documented in Pennsylvania during the 1770s, although native Americans had almost certainly cultivated it earlier. Recent research indicates	There is no better way to eat corn than fresh from the field and on-the-cob. It is most commonly boiled (husks

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			that the pre-historic Iroquois of New York State and Ontario had been growing maize, one of the so-called Three Sisters (maize (corn), probably <i>Zea mays</i> ssp. <i>indentata</i> (dent corn) but may have also included <i>Zea mays</i> ssp. <i>indurata</i> (flint corn)), beans and squash since at least 1000 BC. Until the 1770s people had been growing dent corn and flint corn for the table, even though it was high in starch and low in sugar, i.e. little better than eating what we now call 'cow corn' or 'field 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.	removed), but it can be roasted and microwaved equally well with the husks still on.
Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Mystique	Very sweet and tender, 16-row, bicolor	
Super Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Northern Xtra Sweet	Very sweet, yellow	
Super Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Candy Store	Very sweet, bicolor	
Super Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Confection	Very sweet, bicolor	
Super Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Sweet Chorus	Very sweet, bicolor	
Super Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Sweet Symphony	Very sweet, bicolor	
Super Sweet	<i>Zea mays</i> ssp. <i>mays</i>	Delectable	Sugary bicolor	
Baby Corn	<i>Zea mays</i> ssp. <i>mays</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 mays</i> ssp. <i>mays</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.

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	<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 "burples" 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.	
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 to remember: 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 an "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

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				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			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 casserole. It will keep a long time in the refrigerator.
Greens, a.k.a. leafy greens, vegetable greens, potherbs			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. Greens include the leaves of the brassicas (mustards), Purslane, cress, chard, lettuces, spinach, cabbage, broccoli, the list goes on and on.	Leaf vegetables are typically low in calories, low in fat, high in protein per calorie, high in dietary fiber, high in iron and calcium, and very high in phytonutrients, such as vitamin C, carotenoids (beta-carotene, lutein, zeaxanthin), and folate as well as Vitamin K. Greens may be eaten raw, stir-fried, stewed, or steamed. Certain large leaves can be used to wrap other ingredients.
Beet Greens	<i>Beta vulgaris</i>		Pick when plants are young for best flavor and tenderness.	Similar to Swiss Chard

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<p>Bok Choy, syn. celery mustard, pei tsai, pak choi, pak choy, chongee, Japanese white celery mustard</p>	<p><i>Brassica rapa chinensis</i></p>	<p>Mei Qing Choi</p>	<p>A non-heading form of Chinese cabbage with thick white leaf stalks and smooth, glossy, dark green, almost round leaf blades.</p>	<p>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. 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.</p>
<p>Broccoli Leaves</p>	<p><i>Brassica oleracea italica</i></p>		<p>Known in Chinese as kai lan. Many have a hard time distinguishing between broccoli leaves and collard greens. They can obviously be used interchangeably.</p>	<p>If you mean the type of broccoli that is mostly leaves, with just little flowerets, then you peel the stems (annoying - here we can buy them freshly peeled at the market) and blanch, then drain and when you want to serve, you put some olive oil in a frying pan with a couple of cloves of garlic smashed, a couple of small red hot peppers if you like, and simmer a minute then add the leaves, and toss them around in the oil till they're hot and flavored. Simple, but great. You could also use the pan you made pork chops or Italian sausages in, add a little olive oil (drain off the pork fat first) and add the garlic and sauté in that pan, scraping up the browned stuff from the pork. Also traditional and also great.</p>

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Cauliflower Leaves	<i>Brassica oleracea botrytis</i>		Cauliflower greens have a mild cabbage-like flavor. They can be used like chard, if one removes the white ribs so that they will cook more evenly. Surprisingly, once cooked, they are pleasantly sweet.	Some cook the leaves, which also have a mild cabbage flavor, to serve as a green vegetable. These can be used interchangeably with broccoli leaves.
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>	Lettuce 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, and 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.
Chinese Broccoli, syn. gai lohn, kai lan, and Chinese kale	<i>Brassica oleracea var. 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	<i>Brassica oleracea (Acephala Group)</i>		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 smoked ham hocks or salt pork 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 var. 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.

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Kale	<i>Brassica oleracea 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-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. 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.
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.
Lettuce, bib	<i>Lactuca sativa</i>	Buttercrunch	A butterhead lettuce with delicate, loose leaves and lots of flavor. Butterhead lettuces have small, round, loosely formed heads with soft, buttery-textured leaves ranging from pale green on the outer leaves to pale yellow-green on the inner leaves. The flavor is sweet and succulent. Because the leaves are quite tender, they require gentle washing and handling. Bibb lettuce is highly prized by gourmet chefs.	
Lettuce, green leaf	<i>Lactuca sativa</i>	Black Seeded Simpson		
Lettuce, red leaf	<i>Lactuca sativa</i>	New Red Fire		A favorite is red-leaf and bib lettuce salad with scallion.
Lettuce, leaf mix	<i>Lactuca sativa</i>	A mix of Green Oakleaf, Red Oakleaf, Green Romaine, Red Romaine, Lolla Rossa and red leaf varieties		
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	Hispanic cooks especially like these crunchy, mild tasting greens. You can

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			smaller leaves. Although it is considered a weed to most gardeners, it actually makes a tasty steamed vegetable.	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.
Pea Greens, syn. Pea Shoots, Dou miao. See also Pea Shoots.	<i>Pisum sativum</i>	Oregon Giant, Oregon Sugar Pod (Mangetout pea), Dwarf Grey Ginger, Sandy, Usui	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. Please be aware: Pea greens are very hard to find.	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

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				potato are the best recipe to try pea greens, other will strenuously argue that Pea Greens with Carrots and Scrambled Eggs are even better.
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.
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.
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. Green or bronze leaves are lightly savoyed. Large leaves are best for cooking; baby leaves are best in salads. The taste is milder than ordinary chard, with each color a bit	Same as Swiss Chard -- White.

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			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-fries, 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-fries, and soups.
Horseradish			Horseradish has been cultivated since antiquity. It was known in Egypt in 1500 BC. Both roots and leaves were used as a medicine during the Middle Ages and the root was used as a condiment on meats in Germany, Scandinavia, and Britain. It was taken to North America during Colonial times and by 1806 was commonly grown in the Northeast. By 1840 it could be found growing wild as a weed near Boston. It wasn't until the 1850s in the American Midwest that horseradish was grown commercially	Prepared horseradish is white to creamy-beige in color. It will keep for many months refrigerated, but eventually it will darken, indicating that it is losing its flavor and it should be replaced.
Horseradish, a.k.a. redcole, stingnose	<i>Armoracia rusticana</i> , syn. <i>Cochlearia amoracia</i>		The leaves of the plant, while edible, are not commonly eaten, and are referred to as "horseradish greens". Cooks use the terms 'horseradish' and 'prepared horseradish' to refer to the grated root of the horseradish plant mixed with vinegar.	Commonly used as a sauce with roast beef. It is also used freshly grated with roast beef, boiled ham or roasted suckling pig. It is widely used as a condiment for flavoring sandwiches, soups, salads, and stews. It is excellent when combined with red beets and served with lamb or combined with boiled eggs and cream.

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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 the tubers to Samuel de Champlain who took them back to Spain in 1605. Jerusalem artichoke is grown for its tuber which is used as a root vegetable.	Jerusalem artichokes have 650 mg potassium per 1 cup (150g) serving. They are also high in iron, and contain 10-12% of the US RDA of fiber, niacin, thiamine, phosphorus and copper
Jerusalem artichoke, a.k.a. sunroot, sunchoke, earth apple or topinambour	<i>Helianthus tuberosus</i>		The tubers are elongated and uneven, typically 7.5–10 centimetres (3.0–3.9 in) long and 3–5 centimetres (1.2–2.0 in) thick, and vaguely resembling ginger root, with a crisp texture when raw. They vary in color from pale brown to white, red or purple.	The tubers are sometimes used as a substitute for potatoes: they have a similar consistency, and in their raw form have a similar texture, but a sweeter, nuttier flavor; raw and sliced thinly, they are fit for a salad. The carbohydrates give the tubers a tendency to become soft and mushy if boiled, but they retain their texture better when steamed.
Leeks			Leeks have been common in Europe for as far back as we have records of food plants. Leeks are sometimes included with lists of leaf vegetables, i.e. greens, though the <u>dark</u> green part is not the most flavorful and is often discarded.	Edible portion is the white onion base and the light green stalk.
Leeks	<i>Allium porrum</i>	Lancelot	Mild onion flavor with a hint of garlic	Add to soups, stews, salads. 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.
Leeks	<i>Allium porrum</i>	Lincoln	These are baby leeks. Mild onion flavor with a hint of garlic	See above.
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.

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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, 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.)	
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.	
Onion, a.k.a. bulb onion, common onion, storage onion, Spanish onion			Onion has been cultivated for at least 7000 years and is used in recipes all over the world. The entire plant is edible. Young plants <u>may</u> be harvested before bulbing occurs and sold as scallions. Onion comes in three colors: yellow, red, and white. Yellow onion is full-flavored and a reliable standby in any recipe. These are ones that cooks reach for when a recipe calls for 'onion'. It is high in sulfur and its flavor is more complex than a white onion. It is pungent enough that few will eat them raw. Red onion, equally full-flavored, but sweet enough to eat raw; is usually used fresh, grilled or broiled where the color will enhance presentation. Its red color comes from anthocyanins in the surface layer of each ring. White onion has a golden color and a cleaner, more tangy flavor when sautéed and is the traditional choice in Mexican cuisine. Onion contains very high concentrations of phytonutrients called polyphenols, especially flavonoids (quercetin) which are powerful	Onion is among the most versatile of all vegetables. It can be used in almost every kind of recipe. It is available fresh, frozen, canned, caramelized, pickled, powdered, chopped, and dehydrated. Its tops can be used as greens, either fresh or dried. Onion can be eaten raw, boiled, fried, sautéed, dried, roasted, baked, microwaved, pickled in vinegar. It can be used whole, sliced, diced or chopped. Onion is used equally well in cooked recipes as well as raw in salads and as a spicy garnish. Onion powder, made from finely ground dehydrated onions, is used for seasoning in various recipes. Depending on the variety, onions can be mild, sweet, pungent, sharp, spicy or

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			antioxidants. Onion also contains beta-carotene, vitamins A, B1, B2, B6 and C, as well as chromium, potassium and allyl sulfide compounds. It is said that eating onions on a regular basis can lower risk of heart disease, lower blood pressure, regulate blood sugar levels, control inflammation, reduce cancer risk and reduce the symptoms of allergies and asthma.	tangy. Sautéed or microwaved, onions of any variety or color will bring out its sweetness. Almost any recipe can be enhanced by adding onion, garlic, a dash of cayenne or chili pepper, and mushrooms.
Yellow	<i>Allium cepa</i> var. <i>cepa</i>	Stuttgarter	A mild-tasting, sweet onion with crisp, creamy yellow flesh. Globes are semi-flat.	Simply delicious when used for salads, on hamburgers and for cooking
Red	<i>Allium cepa</i> var. <i>cepa</i>	Red Zeppelin	A slightly pungent dark red onion with large globes.	This sweet fresh-flavored onion has been described as the 'classic' hamburger onion. It is also good in salads, soups, stews and stir-fries.
Red	<i>Allium cepa</i> var. <i>cepa</i>	Mars Hybrid Red	A moderately pungent sweet red onion with very large globes and excellent ring color.	Perfect for slicing. Use in salads, soups, stews and stir-fry recipes.
White	<i>Allium cepa</i> var. <i>cepa</i>	Ringmaster	A mildly pungent, sweet white onion with large globes. The dark green tops make it good for 'green onions' too.	Use in salads, soups, stews, stir-fry and as the name suggests, onion rings where it is a favorite because it has single centers and large, crisp rings.
Peas			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.
Peas	<i>Pisum sativum</i>	Progress	The standard sweet pea	For fresh pea soup: Cook fresh shelled peas or shelled and skinned favas in chicken or vegetable broth until tender. Purée, add salt, pepper and reheat. Stir

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				in crème fraîche and garnish with fresh mint, chervil, parsley or thyme blossoms. Also works with fava beans.
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-sizes, 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		
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 flavor.	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.	

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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.	
Potatoes			<p>Potatoes originated in South “America as a cultivated crop 8000 years ago. They came to North America by way of Europe and the Spanish conquistadors. While Juan de Castellanos reported seeing them in Columbia in 1537, it took decades for the potato to arrive in Europe and begin cultivation there. It wasn’t until 1622 and 1623 that potatoes from Europe returned to the Western Hemisphere when they arrived in Virginia and Nova Scotia, respectively. Potatoes are one of the top four vegetables grown worldwide and are perhaps the most efficient food crop at providing calories/nutrients per acre. While there are over 6000 varieties of potato, these can be categorized into seven basic types: russets, reds, whites, yellows, purples, fingerlings and petites which describe either their skin type/color or their shape. Russets are best exemplified by the venerable Russet Burbank, the quintessential baking potato which made its name as a frozen French fry. It is the most widely used russet potato only because of its use as a frozen French fry. Reds are any red-skinned variety. These can be either ‘round’ reds or long ‘cylindrical’ reds. Most are round. Whites are any white-skinned variety which might be further divided into ‘round whites’ and ‘long whites’. Most are round. Yellows are any yellow-fleshed variety. Yukon Gold perhaps exemplifies this category though there are many hundreds of yellow-fleshed varieties, many exhibiting better characteristics than the venerable Yukon Gold. Yellow-fleshed varieties predominate the world; it is only in North America and Great Britain that</p>	<p>Those ‘in the know’ will acknowledge that Russet Burbank as a baked potato is only palatable when sour cream, butter (salt and pepper), gravy, or other condiments are added. This is contrary to the high-powered marketing effort of the Idaho potato growers and their lobbyists, but anyone who has any potato sense will know the difference. Indeed, some say that Russet Norkotah another russet variety is among the blandest tasting of any potato anywhere. There are many Russet Norkotah growers that will not eat a Russet Norkotah potato.</p>

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			white-fleshed potatoes hold sway. Purples are any of the purple-fleshed/blue-fleshed varieties regardless of the skin color. Curiously, this category will include red-fleshed varieties too. This is just as well because the deeper the color the higher the nutrient level of the potato. Therefore, if antioxidants are important, one will seek out purple-fleshed, red-fleshed and yellow-fleshed potatoes over any white-fleshed potato. The white-fleshed varieties contain the least amount of antioxidants. Fingerlings are those varieties that produce long cylindrical, perhaps curved tubers of any skin color or any flesh color, hence 'fingerling'. Since many fingerling varieties are very old, i.e. heirloom varieties, their flavor/taste is oftentimes superior to more current varieties. Lastly, there are 'petites'. This is a made up category consisting of any number of the abovementioned potato types of small size, but with varying skin or flesh color to enhance presentation on one's plate.	
Purple-skin, purple-flesh	<i>Solanum tuberosum ssp.tuberosum</i>	Adirondack Blue	A good general purpose specialty 'purple' potato with exotic coloring that chefs love for presentation. The purple color provides high levels of antioxidants. Adirondack Blue when cooked is firm, moist, less mealy and slightly moister than All Blue.	Good for boiling, mashing, frying, steaming. It makes good potato chips too.
Red-skin, red-flesh	<i>Solanum tuberosum ssp.tuberosum</i>	Adirondack Red	A beautiful red-skinned potato reminiscent of the California long white, except it is a deep red color. It is a good general specialty purpose potato but with exotic coloring that chefs love for presentation. Adirondack Red is very high in antioxidants.	Best when boiled, mashed, pan fried and microwaved. When baked, it will be moist. It will hold its firmness for salads. Adirondack Red is said to make the best homefries ever. It turns a darker shade of red when roasted.
Purple-skin, purple flesh	<i>Solanum tuberosum ssp.tuberosum</i>	All Blue	A late-season specialty 'purple' potato. All Blue is arguably the world standard for purple-fleshed potatoes. It is easily identified by the white annular ring just beneath the skin. The tubers are typically cylindrical when grown to maturity, though when small they are quite round.	Excellent mashed, boiled, baked. It is drier and mealier than Adirondack Blue which means it is slightly better for baking.
Yellow-skin, yellow-flesh	<i>Solanum tuberosum ssp.tuberosum</i>	Lehigh	A good general purpose potato.	Good for boiling, baking, frying. An excellent chipper.
Red-skin, white flesh	<i>Solanum tuberosum</i>	Norland Dark Red	Early season. A good general purpose red-skinned, white-fleshed potato. It is exceptionally popular in the	Best used mashed, boiled or in potato salads where it holds its shape quite

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	<i>ssp.tuberosum</i>		marketplace as a 'baby' potato.	well. Excellent when roasted as 'baby' potatoes. When baked, it will be moist. Norland Dark Reds can also be chipped.
Purple-skin, yellow flesh	<i>Solanum tuberosum ssp.tuberosum</i>	Peter Wilcox	A good general purpose specialty potato bred for high-end and boutique restaurants. Chefs 'in the know' are finding it a versatile addition to their menus. Very high in antioxidants.	Good for boiling, frying, mashing and chipping. They well bake too. Please note that Peter Wilcox potatoes take a few minutes longer to cook than other potatoes. You will have to adjust your normal cooking times.
White-skin, white-flesh	<i>Solanum tuberosum ssp.tuberosum</i>	Reba	A great general purpose potato.	Good for boiling, mashing, potato salads and chipping
White-skin, white-flesh	<i>Solanum tuberosum ssp.tuberosum</i>	Superior	Early season, general purpose potato.	Good for mashed, and in potato salads. A good chipper
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, and roasted. Made into soups, breads, muffins, pies. Its seeds can be roasted. Its blossoms can be eaten raw, deep-fried or stuffed.
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 recipes.	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 with 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-fries. It strong flavor mellows when cooked.
Round	<i>Cichorium</i>	Chioggia Red	Forms well-folded, large, heavy purple-red heads.	Add to soups, salads, stir-fries. It

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	<i>intybus</i>	Preco #1		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. 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.
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, and 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.
Rhubarb		At Tucker Farms, this rhubarb was planted around 1950. We don't remember the variety.	There are records of rhubarb being grown in China as early as 2700 BC. Its origin is believed to have been in Mongolia and Siberia. Rhubarb has been grown in the U.S. since the mid-1700s, perhaps introduced by Benjamin Franklin. First cultivated for medicinal uses, it is classified as an ornamental, perennial vegetable. While it began to be more widely used in the early 1800s, 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.	Do not eat the leaves, they are poisonous.

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Red	<i>Rheum rhaponticum</i>	Canada Red, or Victoria?	Rhubarb is a robust perennial that is grown for its plump, pinkish to red leafstalks, having an agreeable acid taste	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.
Scallions, a.k.a. green onions, spring onions, salad onions			Commonly referred to as 'green' i.e. immature onions, scallions are a variety of young onions with a long, thin white base that has not yet developed into a bulb and long straight hollow green stalks that look like giant chives. Scallions are milder than most onions but stronger than chives. Both the white base and the green stalk can be eaten.	Scallions are often used to add a last minute flourish of color and flavor to a variety of dishes.
White Scallions	<i>Allium cepa</i> var. <i>cepa</i> , or <i>Allium fistulosum</i>			While scallions may be cooked, either whole or chopped, they are commonly used fresh (raw) in salads and sandwiches and as garnishes. Diced scallions are used in soup, noodle, rice, bean and seafood dishes. Scallions are widely used in Asian recipes, curries and stir fries.
Purple Scallions	<i>Allium cepa</i> var. <i>cepa</i> , or <i>Allium fistulosum</i>	Passion		
Squash			Native to North America, perhaps the Ozark region of Arkansas and Missouri. Recent research indicates that squash was prevalent in the Northeastern U.S. by 1000 BC. 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. Winter squash is high in antioxidants and vitamins.

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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
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. Chose 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	Ivory-white rind. Creamy-colored flesh is nutty, but not	

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		Crop	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.
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-

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cup (155 grams) serving

Squash seeds				Squash seeds can be eaten directly, ground into paste, meal, 'nut' butter, 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. Gourds have been prevalent in the Northeast U.S. and NYS since at least 3000 BC.	
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</i>	Orange	Round, bright orange, smooth fruits	

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	<i>ovifera</i>			
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, i.e. the northern Middle East, during ancient times. It was cultivated in Persia (modern-day Iran) more than 2000 years ago. By 600 A.D. it was introduced to China. 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. By 1100 A.D., it was known in Spain. By the 1600s it was well established in Europe and came to North America with the Spanish explorers. Spinach is a great source of magnesium and B vitamins. While Popeye popularized spinach as a source of iron and calcium, please be aware that spinach contains oxalic acid which inhibits the adsorption of these minerals. It is a good source of vitamins A, C, folic acid, magnesium and potassium. It is high in carotenoids. Spinach comes in three basic types: curley, smooth, and baby leaf. Do not buy spinach that is limp or discolored.	Next to lettuce, spinach is our most common, best known leafy green vegetable. It is often eaten raw in salads, but fresh cooked spinach is also good when stirred into risottos, lasagna, or other pasta or grain dishes. It is great when mixed with eggs in a variety of dishes including quiches, omelets, casseroles, soufflés and frittatas. Spinach is very perishable. Refrigerate it in an air-tight container until ready to use and eat it as soon as possible.
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.
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	Strawberries can be eaten fresh, raw or cooked, frozen, made into preserves, dried, or used in a wide variety of processed foods. Strawberries are

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			<p>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, and 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 strawberries 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.</p>	<p>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.</p>
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.	
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.	

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			Read more: http://www.faqs.org/patents/app/20090038039#ixzz0qf7Xsvab	
Strawberry	<i>Fragaria ananassa</i>	Sparkle		
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.	
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, chilies, 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, chilies, salads, soups, stir-fry.
Turnip			The turnip at one time was hailed as the vegetable of the nobility. It has been food source for man and animals in both ancient and modern civilizations. Native to western Asia, the turnip is widely grown today in the United	

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			States, Asia and Europe. The turnip, which was actually used for trading in the American colonies where it had been grown since 1622 in Massachusetts. Before potatoes arrived in Europe, the turnip was a major food staple.	
Turnip, Purple top white globe	<i>Brassica campestris</i> var. <i>rapa</i>			Cut baby turnips in half lengthwise, leaving some of the green leaves attached. Toss in extra-virgin olive oil with a little salt and grill just until lightly golden. Serve with aioli or plain mayonnaise.
Herb	<i>Genus species subspecies</i>	Variety	Description	Cooking Hints/Suggestions
Basil			A member of the mint family. Basil originated in India and was brought to Europe and the rest of the world via the spice routes in ancient times. Basil was called the 'royal herb' by ancient Greeks; its name is derived from basileus, Greek for king. Basil is a central component in Mediterranean cooking as well as the cuisines of Thailand, Vietnam and India whence it has been grown for more than 5000 years. The flavor and aroma is often compared to licorice or anise, though some detect clove as well; lemon basil and cinnamon basil also offer the additional scents and flavors that their flavors suggest. Most varieties have green leaves, but opal basil's are purple.	
Pesto	<i>Ocimum basilicum</i>	Caesar	A very aromatic, large leaf sweet basil.	
Pesto	<i>Ocimum basilicum</i>	Genovese	Classic aroma and flavor.	
Pesto	<i>Ocimum basilicum</i>	Italian Large Leaf	Sweeter and less clove-like than Genovese	
Purple	<i>Ocimum basilicum purpurascens</i>	Red Rubin	Large, flat, copper-tinged purple leaves. Great flavor--sweet basil plus clove-like aroma.	
Specialty	<i>Ocimum basilicum citriodorum</i>	Mrs. Burns' Lemon	Allegedly, the best tasting lemon basil.	
Specialty	<i>Ocimum</i>	Sweet Thai	Authentic Thai flavor. Two inch long green leaves have a	

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	<i>basilicum thyrsoiflora</i>		spicy anise-clove aroma. Attractive purple stems and blooms.	
Chervil			Chervil is a member of the Carrot family and its leaves highly resemble carrot tops. The young green leaves, which smell similar to Anise, are collected before they lose their pungency and are often preserved in vinegar. There are two main varieties of chervil, one plain and one curly. Hardy annuals, they have a fernlike leaf structure as delicate and dainty as their flavor is subtle. The stems are branched and finely grooved, and the root is thin and white. Chervil is native to the Caucasus but was spread by the Romans through most of Europe, where it is now naturalized. Chervil is native to Eastern Europe, the colonizing Romans spreading it further afield. It was once called 'myrrhis' because the volatile oil extracted from chervil leaves bears a similar aroma to the biblical resinous substance 'myrrh'. Folklore has it that chervil makes one merry, sharpens the wit, bestows youth upon the aged and symbolizes sincerity.	
Chervil	<i>Anthriscus cerifolium</i>		The plants grow to 40-70 cm, with tripinnate leaves that may be curly. The small white flowers form small umbels, 2.5-5 cm across. The fruit is about 1 cm long, oblong-ovoid with a slender, ridged beak	Used to flavor meats, fish, salads, herb butter, cottage cheese, vegetables, creamy soups. Sometimes called garden chervil, it is used to season mild-flavored dishes. That subtle, tender flavor part-anise, part-parsley that you've been trying to identify in the fish sauce, will almost certainly turn out to be chervil, the most retiring of the sister spices that make up the 'fines herbes' of French cuisine, but one that's good company and not to be overlooked.
Cilantro			The plants grow to 40-70 cm, with tripinnate leaves that may be curly. The small white flowers form small umbels, 2.5-5 cm across. The fruit is about 1 cm long, oblong-ovoid with a slender, ridged beak	

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Cilantro	<i>Coriandrum sativum</i>	Jantar		Use leaves and flowers raw as the flavor fades quickly when cooked. For flower use, remove small florets from stem and chop.
Cilantro	<i>Coriandrum sativum</i>	Santo		Use leaves and flowers raw as the flavor fades quickly when cooked. For flower use, remove small florets from stem and chop.
Chives				
Chives	<i>Allium schoenoprasum</i>	Purly	A medium to heavy leaved chive with an upright, straight tubular leaf. A perennial herb with a mild onion flavor.	Cut anytime for use in salads, soups, stir fries. Use fresh or dried.
Dill				
Dill	<i>Anethum graveolens</i>	Bouquet		Edible flowers: break into florets and mix in cheese, omelets or soft cheese. Use whole heads in pickles.
Fennel			The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel pollen is the most potent form of fennel, but also the most expensive. Dried fennel seed is an aromatic, anise-flavored spice, brown or green in color when fresh, slowly turning a dull grey as the seed ages.	For cooking, green seeds are optimal. The leaves are delicately flavored and similar in shape to those of dill. The bulb is a crisp, hardy root vegetable and may be sautéed, stewed, braised, grilled, or eaten raw.
Fennel, syn. Common Fennel, Sweet Fennel, Roman Fennel	<i>Foeniculum vulgare dulce</i>	Goal	Large, rounded bulbs are attractive, uniform, and very early. Crisp and flavorful with mild anise taste.	Leaves, stems, and seeds are used to flavor pasta, meats, fish, and vegetable dishes. Chopped leaves are excellent with oily fish, such as mackerel, eel and salmon, for they improve digestibility. Also in soups, salads and stews. Popular flavoring for fish, soups, salads and stews.
Mint			The mint family encompasses two dozen species and hundreds of varieties that grow naturally across five continents. Mint is expanding throughout the world fast enough that it is considered an invasive species in some areas. Although most commonly associated with desserts, candies, tea and other beverages, mint also has a strong, albeit limited, presence in savory dishes as well. It is considered an essential complement of lamb, for instance. The name mint comes from Minthe, the name of a nymph in Greek mythology who, after angering the	

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			goddess Persephone, was turned into a mint plant.	
Mint				
Parsley				
Parsley	<i>Petroselinum crispum</i>	Italian Dark Green	Best flavor for cooking and drying. Flat, glossy, dark green leaves have a strong, sweet flavor.	
Rosemary			In culinary use for at least 7000 years. Although related to mint, rosemary looks more like a member of the evergreen family, with a tough, woody stem and narrow leaves resembling pine needles. Some types have stalks that grow to 60 inches tall. Once considered a medicinal herb in its native Mediterranean areas and used to test nervous conditions, rosemary is also hardy enough to be used in landscaping applications. Shakespeare alludes to rosemary's place in funeral rituals when in Hamlet, Ophelia says, "there's rosemary, that's for remembrance.	
Rosemary	<i>Rosmarinus officinalis</i>	Primed		We think of rosemary primarily as a kitchen herb. It is outstanding with lamb or chicken, great with baked potato spears, and makes a refreshing summer drink. Rosemary has other uses as well—as a Christmas decoration, potpourri or moth repellent ingredient, or in aromatherapy (its scent is thought to be stimulating).
Sage				
Sage	<i>Salvia alpicana</i>	White		
Thyme			Yet another member of the mint family, thyme was used in embalming by the Egyptians and as incense by the Greeks. Thyme is an essential culinary ingredient in a wide variety of cultures. It is used in soups, stews, meat	

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			and vegetable dishes in Spanish, French, Italian, Turkish, Lebanese and Caribbean cuisines. Thyme is one of three herbs, along with bay leaves and parsley, considered essential for a bouquet gami, the bundle of tied herbs used in soups and stocks. It is among the components of the dried mixture called herbs de Provence.	
Thyme	<i>Thymus vulgaris</i>	Summer	Superb culinary thyme.	Use leaves fresh or dried.