

Sow Outdoors

SUMMER VEGETABLES AND HERBS

These summer vegetables will grow in the hot weather of July and August. Keep them watered well to assist in germination and to prevent bolting.

AMARANTH FAMILY *Amaranthaceae*

Amaranth, Greens (Hinn Choy) *A. tricolor* and *A. lividus*:
Bonfire, Coleus Leaf, Mirah, Red Chief, Red Leaf

MUSTARD FAMILY *Brassicaceae*

Oriental Greens: Yu Choi, Bouquet (flowering Green Pac Choi), Hon Tsai Tai (flowering Purple Pac Choi)

BEET FAMILY *Chenopodiaceae*

Lambsquarters: Magentaspeen
Orach: Red

SUNFLOWER FAMILY *Compositae*

Lettuce: Deer Tongue, Esmeralda, Cardinale, Grandpa Admire's, Lobjoit's Green Cos, Loma, Optima, Sierra

PURSLANE FAMILY *Portulacaceae*

Purslane: Goldberger, Garden Large-Leaf

FALL AND WINTER VEGETABLES

For tips on extending the growing season, see "Strategies for Year-Round Gardening" on page 3.

Early July

This is the time to sow the hardiest overwintering root crops and members of the brassica family and root crops. Slower growing winter crops need time to grow before cold weather sets in. Sowing these crops after the middle of the month makes it difficult to reap a good harvest.

CARROT FAMILY *Apiaceae*

Carrots: Shin Kuroda, Kuroda, Fakkell, Bolero, Autumn King, Topweight
Finocchio (bulbing fennel): Zefa Fino
Parsley: Gigante D'Italia, Italian Flat-Leaf

ONION FAMILY *Alliaceae*

Egyptian Walking Onions (Bulbils)
Green Onions: Evergreen White, Ishikuri Long, Red Beard, Welsh Onion, Kincho Long
Pearl Onions: Pacific Pearl

MUSTARD FAMILY *Brassicaceae*

Broccoli, Overwintering: Purple Sprouting, Spring Royalty, White Sprouting
Broccoli, Fall Harvest: Green Valiant, Umpqua, Waltham 29
Cabbage, Portuguese: Couve de Tronchuda
Cauliflower: Purple Cape, Walcherin Series, Inca, Nomad, Leamington, Nine-star Perennial, Snow's Winter White
Kale: Siberian, Russian Red (Winter Red), Konserva, Lancito, Morton's Swarm, Redbor
Kale, Ornamental Varieties: Feather Red and White, Coral Queen, Peacock, Christmas Fringed

Radish, European: Black Spanish, Cherry Belle, French Breakfast

Radish, Daikon: Tokinashi, Minowase, Sukurajima Mammoth
Rutabaga: Marian, Laurentian, American Purpletop

Turnips: Orange Jelly, Purple Top White Globe, Golden Ball

Oriental Greens: Pac Choi, Joi Choi, Mei Qing Choi, Kai-laan

SUNFLOWER FAMILY *Compositae*

Escarole: Batavian Full Heart, Cornet d'Anjou

Radicchio: Palla Rossa Especial, Castelfranco, Early Red Trevisio, Giulio

BEET FAMILY *Chenopodiaceae*

Beets: Lutz Greenleaf, Winterkeeper, Chiogga, Yellow Intermediate Mangel

Swiss Chard: Five-Colored Silver Beet (Bright Lights), Charlotte, Fordhook, Rhubarb, Perpetual Spinach

PEA FAMILY *Fabaceae*

(Pea-enation resistant varieties)

Peas, Snap: Cascadia, Sugar Daddy

Peas, Snow: Oregon Giant, Oregon Sugarpod

Late July

Sow the quicker growing crops for fall harvest, and a few chicories that will provide harvest into fall and winter.

MUSTARD FAMILY *Brassicaceae*

Chinese Cabbage: Nerva, Chinese Express, Michihili, Nozaki Early

Collards: Champion, Georgia, Vates, Walking Stick

Kohlrabbi: Vienna, Superschmelz, Rapid

Radish, European: Black Spanish, French Breakfast, Easter Egg, Fluo, Cherry Belle

Radish, Daikon: Tokinashi, Minowase, Sukurajima Mammoth, Rose of China

Turnips: Tokyo Market, Red Milan, Gilfeather, Shogoin

Oriental Greens: Pac Choi, Joi Choi, Mei Qing Choi, Mibu-na

SUNFLOWER FAMILY *Compositae*

Chicory, Catalogna: Dentarella, Puntarella

Chicory, Grumolo: Ceriolo, Lingua di Cane

Endive: Frisee, Perfect, Green Curled, Tres Fine Maraichere

Escarole: Batavian Full Heart, Cornet d'Anjou

Lettuce: Bronze Rodin, Pirat (Brauner Troztkopf), Little Gem, Brune d'Hiver, Rougette du Midi, Mervielle des Quatre Saisons, Simpson, Brunia

BEET FAMILY *Chenopodiaceae*

Spinach: Nordic, Winter Bloomsdale, Olympia

