



## PEARSON'S GARDENS

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# Gourmet Greens

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### **Amaranth, Leaf / Calaloo**

*Amaranthus tricolor*

Colorful green leaves with a burgundy red overlay are a tasty and nutritious addition to salads and stir-fries. Easy to grow mid-Spring through Fall. Pick individual leaves as needed.

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### **Arugula / Roquette**

*Eruca vesicaria sativa*

Sharp, spicy flavor. At maturity the long, dark green, lobed leaves form a loose, open bunch. Easy to grow, baby or full-size. This fast growing plant yields its harvest very quickly, and requires frequent cutting in order to maintain its vigor, and prevent it from going to seed. Successive planting is another method of maintaining a continual supply. Cut & Come Again!

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### **Arugula, Sylvestra / Wild Arugula**

*Diplotaxis tenuifolia*

Often planted with Miner's Lettuce and Erba Stella for winter salads. Compared with regular Arugula, Sylvestra is slower growing, about half the height, with smaller, much more deeply lobed leaves and yellow (vs. white) flowers, with more pungent taste. In Italy: "Rucola Selvatica" (wild rocket). Harvest leaves as needed, or cut the entire top to 2" above the soil and let it re-grow.

Cut & Come Again!

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### **Burdock, Japanese**

*Arctium lappa*

Easy to grow Spring through Fall. The delicate soft leaves of Japanese Burdock, "Ha Gobo" in Japan, are a delicacy used in Japanese salads, or deep fried in tempura.

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### **Burnet, Salad**

*Poterium sanguisorba*

Unique leaf shape for salads, garnishes. Mild cucumber flavor. Oval-toothed leaflets and deep crimson flowerheads. Harvest leaves as needed, or cut the entire top to within 3" of the soil and let it re-grow. Cut & Come Again!

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### **Chicory**

*Chicorium intybus*

Add richness of color, flavor and nutrients to salads, sandwiches, and sautés. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again!

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### **Shungiku / Chrysanthemum, Edible**

*Chrysanthemum coronarium*

Special aromatic greens. Cut greens when about 4-8" tall for a flavorful addition to salads, vegetables, pickles, and sushi. Small orange and yellow chrysanthemum flowers appear later on unharvested plants.

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### **Clover, Red**

*Trifolium pratense*

This easy to grow perennial yields a year round supply of greens and edible flowers that will add taste, color and nutrients to your salads! Harvest leaves as needed, or cut the entire top to 2" above soil and let it re-grow. Cut & Come Again!

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### **Cress, Curly**

*Lepidium sativum 'Crispum'*

Also known as "Peppergrass," the lacy leaves make a tasty addition to salads, sandwiches, and soups. This fast growing plant yields its harvest very quickly, and requires frequent cutting in order to maintain its vigor, and prevent it from going to seed. Successive planting is another method of maintaining a continual supply. Cut & Come Again!

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### **Cress, Upland**

*Barbarea verna*

The best cress for the outdoor garden. 6-8" rosettes of dark green, glossy, rounded leaves. Similar to watercress but easier to grow without constant moisture. Harvest leaves as needed, or cut the entire top to 2" above soil and let it re-grow. Cut & Come Again!

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### **Cress, Water**

*Nasturtium officinale*

Gourmet salad and sandwich vegetable. Delicious, vitamin-rich perennial. Plant as part of a water garden, or keep soil damp. Harvest leaves as needed, or cut the entire top to 2" above soil and let it re-grow. Cut & Come Again!

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### **Dandelion, French**

*Taraxacum officinale*

Classic spring tonic. Nutritious young leaves are used in salads. Roots are roasted for a coffee substitute. Harvest leaves as needed, or cut the entire top to 2" above soil and let it re-grow. Cut & Come Again!

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### **Dandelion, Italian**

*Chicorium intybus 'Catalogna Special'*

Long, deep green, slender, deeply cut leaves with white midribs add richness of color, flavor and nutrients to salads, and sautés. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again!

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**Dandelion, Red Rib Italian**

*Chicorium intybus 'Red Rib'*

Eye-catching bright red stems and dark green leaves create a wild appeal adding color, flavor and nutrients to salads, and sautés. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again!

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**Endive, Belgium / Chicons**

*Cichorium endivia*

*Good things come to those who wait!* It will take some time and special handling, but your efforts will not be in vain.... In short, plant in Spring or Summer, uproot in August or September, put in dark cold storage (refrigerator) to force, and voila! Chicons! These crunchy, slightly bitter leaves are often used to make hors d'oeuvres, but they can also be chopped and added to salads, or braised to make an exquisite side dish.

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**Endive, Tres Fine**

*Chicorium endivia*

Filly, bright green leaves bring a fresh crunchy crispness to salads. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again!

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**Erba Stella / Minutina**

*Plantago coronopus*

Fresh, succulent, slender leaves are popular in European mescluns. The young leaves are used as an ingredient in mixed green salads or as a stand alone salad item. Try blanching the leaves for a unique flavor and lovely ivory color. Flower buds are edible too! Regrows after cutting, but plant successively for best quality and appearance.

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**Escarole 'Natacha'**

*Chicorium endivia*

Prettiest and best performing of the many escaroles, large, beautiful heads produce abundant, tender leaves, and creamy, blanched hearts. Remarkable tolerance to bolting, tipburn, and resistance to bottom rot, even in hot weather. Harvest leaves or entire head as needed, or cut the entire top to within 3" of the soil and let it re-grow. Cut & Come Again!

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**Fenugreek**

*Trigonella foenum-graecum*

Add young tender leaves and shoots to salads, sauté, or your favorite Indian vegetable dish. This easy, fast growing plant yields its harvest very quickly, and requires frequent cutting in order to maintain its vigor, and prevent it from going to seed. Successive planting is another method of maintaining a continual supply. Cut & Come Again!

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**Frisée**

*Cichorium endivia*

Frippy, bright green leaves bring a fresh crunchy crispness to salads. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again!

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### **Kale, Red Russian**

*Brassica oleracea 'Red Russian'*

Special, refined strain with tender leaves and stems for salads and light cooking. Use whole baby leaves or cut mature leaves in salads. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again! Storage Tip: To extend storage time, submerge leaves in cold water, gently pat dry and refrigerate in a loosely packed plastic bag or container.

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### **Kale, Purple Frills**

*Brassica oleracea 'Redbor'*

Deepest red-purple, frilly leaves. Redness and curling are enhanced by cold weather. Use whole baby leaves or cut mature leaves in salads. Intact full size leaves make an exquisite garnish. Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again! Storage Tip: To extend storage time, submerge leaves in cold water, gently pat dry and refrigerate in a loosely packed plastic bag or container.

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### **Kyona Mizuna**

*Brassica rapa ssp japonica group*

This mild Japanese mustard green is an essential salad mix ingredient prized for its flavor and texture. The fast growing plant yields its harvest very quickly, and requires frequent cutting in order to maintain its vigor, and prevent it from going to seed. Successive planting is another method of maintaining a continual supply. Cut & Come Again!

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### **Lamb's Lettuce**

*Valerianella locusta 'Vit'*

Valued for its cool minty flavor, Lamb's Lettuce is a good partner for asparagus, red beets, celeriac, and mushrooms. Dress with a light vinaigrette or light cream dressing just before serving to retain its crispness.

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### **Mache 'Vit'**

*Valerianella locusta 'Vit'*

Create a truly unique salad with the tender mint flavored leaves of mache. Garnish with walnuts, thinly sliced apple, or fresh sliced baby tomatoes. Dress with a light vinaigrette or light cream dressing just before serving to retain its crispness.

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### **Miner's Lettuce**

*Claytonia perfoliata*

Named after the California Goldminers, this CA native green gives salads zing! Harvest leaves as needed, or cut the entire top to 3" above soil and let it re-grow. Cut & Come Again!

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### **Mustard Greens**

*Brassica juncea*

These frilly, bright greens bring flavor and texture to mixed green salads, sautés, and stir-fries. The hot mustard taste mellows when cooked. This fast growing plant yields its harvest very quickly, and requires frequent cutting in order to maintain its vigor, and prevent it from going to seed. Successive planting is another method of maintaining a continual supply. Cut & Come Again!

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**Mustard, Osaka Purple**

*Brassica juncea 'Osaka Purple'*

The beautiful purple leaves add color and zip to salads and stir fries. Use baby or full-size leaves. Grow these greens year round. This fast growing plant yields its harvest very quickly, and requires frequent cutting in order to maintain its vigor, and prevent it from going to seed. Successive planting is another method of maintaining a continual supply. Cut & Come Again!

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**Orach, Red Oracle**

*Atriplex hortensis 'Oracle'*

Deep crimson-purple, Oracle is 4-5 shades darker than the standard Red Orach. The leaves are deep purple on top with a vibrant fuschia crystalline underside. Harvest as needed, or cut the entire top to 4" above the soil and let it re-grow. Cut & Come Again!

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**Pac Choi, Baby**

*Brassica rapa*

Flat, pale, misty green stems form a thick, heavy base with broad, oval, rich green leaves. Very compact 6" height with full vase shape. Harvest leaves as needed, or cut the entire top to 2" above the soil and let it re-grow. Cut & Come Again!

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**Pac Choi, Red**

*Brassica rapa*

Versatile Pac Choi adds a touch of red. Excellent at baby leaf, and full size. Red Choi changes from dark green leaves with maroon veins to dark maroon leaves with green undersides and thin green petioles at full size. Harvest as needed, or cut the entire top to 2" above the soil and let it re-grow. Cut & Come Again!

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**Purslane, French**

*Portulaca oleracea sativa*

Succulent green leaves on upright red stems are a tart and crispy addition to salads, stir-fries or casseroles. Harvest leaves as needed, or cut the entire top to 4" above the soil and let it re-grow. Cut & Come Again!

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**Radicchio, Red Chiogga**

*Cichorium intybus 'Indigo'*

With its beautiful burgundy and white coloring and slightly bitter flavor, radicchio is wonderful when combined with other salad greens. You can also use the leaves as a base for hors d'oeuvres, or sauté them for a side dish. Our most reliable radicchio in both hot- and cool-weather trials. It is remarkably sure-heading, very tolerant to tipburn and resistant to bottom rot. Grow spring, summer, and fall.

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**Radicchio, Trevisio**

*Cichorium intybus 'Fiero'*

Elongated, deep maroon heads with contrasting white ribs are large, very attractive, and impressively early. Mix with other salad greens. You can also use the leaves as a base for hors d'oeuvres, or sauté them for a side dish. Grow Spring, Summer, and Fall.

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### **Radicchio, Tricolor**

*Cichorium intybus 'Tauro'*

Large, creamy yellow heads with lovely pale pink and green-veined leaves splashed with occasional red speckles. . Good, mild flavor for elegant salads and garnishes. Mix with other salad greens or use the leaves as a base for hors d'oeuvres, or sauté them for a side dish. Widely adapted and sure-heading Grow Spring, Summer, and Fall.

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### **Saltwort / Okahijiki**

*Salsola komarovii*

Long, succulent leaves with an incredibly appealing, crunchy texture. Native to the salt marshes of Japan, but well adapted to less saline soils. Harvest promptly to prevent woody stems and prickly leaf tips. Add tender young leaves to salads and sushi, or steam longer stems for a unique and healthy side dish. Rich in vitamins and minerals, including Vitamin A, calcium, and potassium. Also called land seaweed or "Okahijiki" in Japan.

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### **Samphire**

*Crithmum maritima*

This succulent, leafy vegetable hails from the seaside cliffs of Dover, England! Use fresh leaves in salads, or sauté leaves and stems for a gourmet side dish. It is very easy to grow, thrives on neglect, and will tolerate both heat and cold. This hardy perennial will keep on growing and rewarding you year after year!

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### **Shiso, Britton**

*Perilla frutescens 'Britton'*

Eye-catching green leaves with red undersides. Good salad mix item, or use larger leaves as sushi wraps and plate garnishes. Larger leaf and plant than Red and Green Shisos. Mild mint/basil aroma. Harvest as needed, or cut the entire top to within 4" of the soil and let it re-grow. Cut & Come Again!

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### **Shiso, Green**

*Perilla frutescens*

Spicy Oriental favorite. Distinct cinnamon/clove flavor and aroma, with the spiciness of cumin. Used in oriental cooking, sushi and salad mix. Harvest as needed, or cut the entire top to within 4" of the soil and let it re-grow. Cut & Come Again!

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### **Shiso, Red**

*Perilla frutescens*

Spicy Oriental favorite. Distinct cinnamon/clove flavor and aroma, with the spiciness of cumin. Used in oriental cooking, sushi and salad mix. Red Shiso colors radish pickles and "umeboshi" plums. Harvest as needed, or cut the entire top to within 4" of the soil and let it re-grow. Cut & Come Again!

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### **Shungiku / Chrysanthemum, Edible**

*Chrysanthemum coronarium*

Special aromatic greens. Cut greens when about 4-8" tall for a flavorful addition to salads, vegetables, pickles, and sushi. Small orange and yellow chrysanthemum flowers appear later on unharvested plants. Harvest leaves and flowers as needed, or cut the entire top to within 6" of the soil and let it re-grow. Cut & Come Again!

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### **Sorrel, French**

*Rumex acetosa*

Bright, lemon flavor. Produces some of the earliest greens of spring and the latest of fall. The tender, fresh green leaves grow to about 8" long and have an intense lemony flavor. Use sparingly in salads or generously in soups and sauces, especially with fish. Grow Year round. Harvest leaves as needed, or cut the entire top to within 2" of the soil and let it re-grow. Cut & Come Again!

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### **Spinach, Baby 'Catalina'**

*Spinacea oleracea 'Catalina'*

With its bite-size leaves, Baby Catalina is perfect for use fresh in salads and sandwiches, or lightly cooked for a delicious side dish. Grow year round! Will re-grow after cutting. Cut & Come Again!

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### **Spinach, 'Correnta'**

This spinach variety is particularly well suited to hot, summer weather. The leaves are large, oval, and smooth. Use fresh in salads and sandwiches, or lightly cooked. Grow year round! Will re-grow after cutting. Cut & Come Again!

*Spinacea oleracea 'Correnta'*

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### **Spinach, Strawberry**

*Chenopodium capitatum*

This unique heirloom plant is easy to grow, and can be planted any time of the year! Just give it room to sprawl, and it will reward you with plenty of leafy greens for use in salads, or a light sauté. Small red berries will appear in late Summer. Sprinkle them in salads for color, or gather a bushel and make jam!

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### **Spinach, New Zealand**

*Tetragonia tetragonioides*

This heirloom vegetable was widely used by the Maori people of New Zealand, and was first mentioned by Captain Cook as a food useful in the prevention and treatment of scurvy. Transported by explorers, it is now cultivate in every temperate and sub-tropical area in the world. Blanch leaves for 1 minute, rinse, then sauté or use as you would Spinach. Plant anytime after last frost through early Fall. This plant thrives in the heat. Harvest as needed, or cut the entire top to 6" above the soil and let it re-grow. Cut & Come Again!

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### **Spinach, Oriental 'Summer Delight'**

*Spinacea oleracea 'Summer Delight'*

This heat tolerant variety yields fresh spinach from the garden even through the heat of Summer! Use baby or full size leaves fresh in salads

and sandwiches, or lightly cooked. Grow year round! Will re-grow after cutting. Cut & Come Again!

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**Spinach, Red Malabar**

*Basella rubra*

This exotic, heat-loving vine grows vigorously through summer into fall. Glossy, thick, succulent leaves convey a mild Swiss Chard taste. Use leaves and young stems sparingly in salads, stir-fries, or casseroles. Pick young leaves and tips. This will promote more side branches and new tips for subsequent harvests.

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**Spinach, Semi-Savoy 'Tye'**

*Spinacea oleracea 'Tye'*

'Tye' is considered the standard of savoyed spinach for its vigorous upright growth habit and dark green succulent leaves. Use fresh in salads and sandwiches, or lightly cooked. Grow year round! Will re-grow after cutting. Cut & Come Again!

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**Swiss Chard, Bright Lights**

*Beta vulgaris (cicla group)*

This multicolor Chard is the 1998 All-America Selections winner! With stems of many colors, the lightly savoyed leaves are milder than ordinary chard, with each color a bit different. Grow year round. Cut and Come Again!

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**Watercress**

*Nasturtium officinale*

This delicious, vitamin-rich perennial adds spark to gourmet salads and sandwiches! And, it's easy to grow; just keep it well watered. Grow year round! Will re-grow after cutting. Cut & Come Again!

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