



### Heirloom Vegetables for the St. Louis Area - Recommended Varieties

#### What is an heirloom?

There are no hard and fast rules. Heirloom vegetables can range from seeds passed down from mother to daughter like an antique quilt to plants that have been grown for over 100 years. Generally, vegetables are considered an heirloom if they were grown prior to 1951 when hybrids became widely available. Heirloom vegetables are not considered available from large commercial seed companies. Both these criteria can be disputed by heirloom gardeners as some people believe that an heirloom variety should have been grown prior to 1900s and more commercial seed catalogs now carry their own varieties of heirloom vegetables. Some gardeners also categorize heirlooms as plants that can be “open pollinated” which ensure the inclusion of seeds saved from one generation to the next in the definition but does not apply to heirloom plants that are vegetatively propagated like potatoes or garlic. Another criterion to consider is does the vegetable have historic significance such as grown by Thomas Jefferson or a nostalgic quality that is no longer used in hybrid seed production. The heirloom vegetable movement coincides with gardeners’ desires to preserve varieties that are at the edge of extinction and conservation of diverse vegetable varieties. Overall, an heirloom vegetable needs to be a variety that has been around for many years in a garden or field and have unique qualities that make it different than what is new today.

Vegetable	Cultivar	Comments
<b>Asparagus</b>	Mary Washington	Rust resistant
<b>Beans</b>		
Bush, Snap	Burpee Stringless Green Bean	Tolerates heat and drought, 50-55 days
	Black Valentine	Resistant to bean mosaic, 48 days
	Tendergreen	Heat tolerant, 45-57 days
Bush, Purple	Royalty Purple Pod	Purple bean turns green when cooked, 56 days
Yellow Wax	Golden Wax	Disease resistant, 45-60 days
Pole Green Bean	Henderson Black Valentine	Resistant to bean mosaic, 48 days
	Old Homestead	Rust resistant, 64 days
<b>Beans, Lima</b>		
Bush	Henderson	Drought tolerant, 60-75 days
	Baby Bush	Short pods with white beans, 70 days
Pole	Christmas	Large speckled red and white beans, likes it hot and humid, 80-85 days
	King of the Garden	Large, white seeds, 85-90 days
<b>Beet</b>		

	Detroit Dark Red	Red, globular roots, 55-60 days
	Early Wonder	Half-flat bright red with light zones, 50-60 days
	Chiogga	Red and white concentric rings, 55 days
	Crosby Egyptian	3-5 inch roots, deep red, 50 days
	Golden Beet	Orange globe-shaped roots, turns yellow when cooked, 55-60 days
<b>Broccoli</b>		
	Calabrese/Early Italian	Blue-green heads 3-6 in., many side shoots, 48-90 days
	DeCicco	Blue-green heads 3-4 in., many side shoots, 48-85 days
<b>Brussels Sprouts</b>		
	Long Island Improved	Heavy yields, hearty, 85-100 days
<b>Cabbage</b>		
Green	Brunswick	Flat, drumhead, 6-lb. heads, 85-90 days
	Early Jersey Wakefield	Conical head, 2-4 lb. heads, 60-75 days
	Danish Ballhead	Round head, 5-7 lbs., 85-110 days
	Late Flat Dutch	Large, flattened oval head, 10-15 lbs., late fall- winter cabbage, 100-110 days
Red	Red Rock	Round head, fine flavor, keeps well, 100 days
	Red Drumhead	Round, slightly flat head, sweet flavor, delicious raw, 60-70 days
<b>Carrots</b>		
	Chantenay Red Cored	5-7 in. long, wide shoulders, good flavor, 60-75 days
	Danvers Half Long	6-8 in. tapered roots, nearly coreless, 75 days
	Oxheart	Blunt, heart-shaped roots, 5-6 in. long, good flavor, 70-80 days
<b>Cauliflower</b>		
	Early Snowball	Pure white, solid, medium heads, 60 days
<b>Corn</b>		
	Golden Bantam	7-in. ears, sweet golden kernels, 75 days
	Stowell's Evergreen	8-9 in. ears, 8-ft. tall, white corn, 80-100 days
	Black Aztec	Starts white (sweet corn stage), turns bluish-black (ground cornmeal stage), 75 days
	Country Gentleman	White "shoe peg" corn, kernels not in rows, sweet and tender, 80-100 days
	Luther Hill	Stalks are 4-5 ft. tall, ears 5-6 in. long, sweet flavor, 75-85 days
<b>Cucumbers</b>		
Slicing	Longfellow	Cylindrical fruits, 12-13 in. long, holds color and crispness, 62-74 days
	Marketmore 97	9-11 in. long, burpless and bitterness free, disease resistant, 55 days
Pickling	Burpless Muncher	Mosaic resistant, never gets bitter, 65 days
	Boston Pickling	5-6 in. long, productive, 50-60 days
	Homemade Pickles	Heavy producer, solid and crisp, good flavor, 55 days

## Eggplants

Black Beauty	Great flavor, up to 3 lb. fruits, 75-90 days (from transplants)
Rosa Bianca	Round, 4-6 in. teardrop fruits, lavender and white, no bitterness, 80-85 days
Listada de Gambia	5-6 in. fruits, purple with white strips, sweet, no bitterness, 75 days

## Lettuce

Leaf	Black Seeded Simpson	Light green crinkled leaves, heat and drought tolerant, 45 days
	Oakleaf	Medium green, deeply lobed leaves, tolerates hot weather, 40-60 days
	Slobolt Mascara	Slow to bolt, 45-55 days Red, frilled oakleaf-shaped leaves, bolt resistant, 65 days
Head	Iceberg	Compact heads, disease resistant, 55-75 days
	Grand Rapids	Round heads, slow to bolt, 60 days
Bibb	Butter Crunch	Long lasting, heat tolerant, 55-60 days
Romaine	Paris Island Cos	Uniform heads, 66 days

## Melons

Hale's Best	Salmon-colored flesh, sweet, drought and mildew resistant, 85-90 days
Jenny Lind	Sweet, lime-green flesh, 75 days
Hearts of Gold	Sweet, salmon-orange flesh, 3 lb. fruits, 80 days

## Okra

Red	Red tinged stem, leaves, and pods, flavorful, 55-65 days
Clemson Spineless Cowhorn	Large plants, heavy producer, 60 days Pods are ribbed and twisted, 6-7 ft. tall, tender, 10-12 in. pods, 55-65 days

## Peas

Garden	Little Marvel	Wilt resistant, 15-20 in. tall vines, prolific producer, 58-64 days
	Thomas Laxton	Very wilt resistant, 3 ft. vines, 55-65 days
	Green Arrow	Good flavor, disease resistant, 2 ½ ft. vines, 70 days
Snow	Wando	Very productive, 3 ft. vines, 55-65 days
	Oregon Sugar Pod II	Tender and delicious, bush plants, 60 days
	Mammoth Melting	4-5 ft. vines, sweet flavor, 65-70 days
Snap	Sugar Snap	Very sweet, 4-6 ft. vines, 60 days

## Peppers

Mild	California Wonder	Good yields, green pepper, 70 days
	Sweet Banana	Light greenish yellow, 6 in., 60-75 days
	Red Marconi	Italian pepper, very sweet, 80 days
Hot	Jalapeno	Hot and spicy pepper, 75-95 days
	Long Red Cayenne	Very hot, long peppers turn bright red, 75 days
	Anaheim	Mildly hot, roasting or frying pepper, 80 days

## Radishes

White Icicle	6 in. roots, white, crisp flesh, fine flavor, 30 days
French Breakfast	Mild, spicy flavor, red top, white bottom, 20-30 days
Round Black Spanish	Winter storage radish, 3-4 in. in diameter, crisp and pungent, 53-80 days

## Spinach

	Bloomsdale Long Standing	Dark green crumpled leaves, 40-60 days
	Giant Nobel	Giant, thick, dark leaves, 50 days
<b>Squashes</b>		
Summer	Yellow Crookneck	Yellow bulb-shaped fruit with curved neck, creamy white flesh, 55 days
	Black Beauty	Bush plant, great flavor, 45-65 days
	Yellow Bush Scallop	Scalloped yellow fruits, resistant to squash bugs, 50-55 days
Winter	Delicata	High sugar content, 1-3 lb. fruits, skin color rust-white or creamy with green stripes, 100 days
	Watham Butternut	Great tasting, orange-colored flesh, 100 days
	Cushaw White	White skin, sweet pale orange flesh, resists squash bugs, 100 days
<b>Pumpkins</b>		
	Cinderella	Deeply ribbed, concave top, 25 lbs., 95 days
	Sugar Pie	Thick sweet flesh, 6 lb. fruits, great for pies, 110 days
	Connecticut Field	Orange, 12 lb. fruit, used for carving or baking, 110 days
<b>Tomatoes</b>		
Slicing	Black Brandywine	Flattened beefsteak, great taste, 80 days
	German Red Strawberry	Giant, red strawberry shape, rich sweet flavor, 1 lb. fruits, 85 days
Paste	Cherokee Purple	Excellent complex flavor, 12-16 oz. fruits, 80 days
	Yellow Giant Belgium	Great flavored beefsteak, 75 days
	Amish Paste	Meaty 8 oz. sauce type tomato, 75 days
	Martino's Roma	Dark red clusters of 5-8 tomatoes, 3-4 oz. fruits, 75 days
Cherry	Tomato Gardener's	Very sweet 1¼ in. red cherry in clusters of 6-12, 65 days
	Delight	
	Isis Candy	Sweet, red-orange-gold striped and blush color, 1½ in. fruit, 93 days
<b>Watermelon</b>		
	Crimson Sweet	Crisp and sweet, 20-25 lb., 80-85 days
	Moon and Stars	Very sweet, 20-50 lb., 95 days
	Orangeglo	Very sweet, deep orange flesh, tropical flavor, 30 lb., 85 days
	Wilson's Sweet	Crisp, sweet, red flesh, 15-20 lb. fruits, 85 days

### Bibliography:

Watson, Benjamin. *Taylor's Guide to Heirloom Vegetables*. Houghton Mifflin Company, 1996

Stickland, Sue. *Heirloom Vegetables: A Home Garden's Guide to Finding and Growing Vegetables from the Past*. Gala Books Limited, 1998

Baker Creek Heirloom Seeds, Baskerville, MO. [www.rareseeds.com](http://www.rareseeds.com)