### **INTERN PLANT LIST - Vegetables**

# Sweet Basil

Ocimum basilicum from wikipedia.com: Basil is most commonly recommended to be used fresh; in cooked recipes, it is generally added at the last moment, as cooking quickly destroys the flavor. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched



## **Pole Beans**

quickly in boiling water.

Phaseolus sp.
Aransas planting 02/10 & 09/01; from www.wikipedia.com: a heliotropic plant, meaning that the leaves tilt throughout the day to face the sun.; used in "three sisters" companion plantomg with corn and squash, the corn acts as a trellis for the beans, beans provide nitrogen for the corn and the squash is groundcover and protection.



### **Swiss Chard**

Beta vulgaris ssp. Cicla
Aransas planting 01/15 & 9/1;
"Swiss" was used to distinguish chard from French spinach varieties. Chard is very popular among Mediterranean cooks. One of the healthiest leaves available, young leaves are used in salads, older ones are cooked. Closely related to the beet & in same family as spinich. Havesting is continuous with 3 or more crops.



## **Eggplant**

Solanum melongena
Aransas planting 02/20 & 7/10;
from www.wikipedia.com: fruit is
classified as a berry and contains
numerous small, soft seeds. Often
stewed, as in the French ratatouille
or deep fried as in the Italian
parmigiana or Turkish and Greek
musakka/moussaka. Good
sanitation and crop rotation
practices are extremely important for
controlling fungal disease.



#### Kohlrabe

Brassica oleracea 'Gongylodes'
Aransas planting 02/01 & 10/01;
from www.wikipedia.com: can be
eaten raw & cooked. Origin is the
same as that of cabbage, broccoli,
cauliflower, kale, collard greens, &
Brussels sprouts: they are all bred
from wild cabbage. Taste/texture is
similar to those of a broccoli stem,
but milder and sweeter. The young
stem can be as crisp and juicy as an
apple.



### Italian Oregano

Origanum X majoricum from www.floridata.com: Hardy marjoram, a.k.a. Italian oregano, is a hybrid resulting from crossing oregano and sweet marjoram. It combines the pungency of Greek oregano with the sweetness of marjoram.



### **Black Pearl Pepper**

Capsicum annuum 'Black Pearl'
Aransas planting 03/01 & 08/10;
http://www.usna.usda.gov:
Developed at the National
Arboretum in 2006, the plant grows
taller and wider developing into a
black pyramid shape without
pinching, pruning, or grooming.
'Black Pearl' is exceptionally heat
tolerant and requires minimal water
and fertilizer.



# **Upright Rosemary**

Rosmarinus officinalis from mountainvalleygrowers.com: A favorite Rosemary variety because of its carefree growth, great flavor and dark blue flower. Leaves can be used fresh or dried. If used fresh be sure to chop them very fine or use whole stems and remove from food before serving.



# Squash

Cucurbita sp.
LARVAL FOOD for cabbage & turnip moths; Aransas planting 02/10 & 09/01; Squash predate human arrival in the New World. Huge variety from acorn squash to zucchini. Summer squash is harvested when the fruit is immature while winter squash will be one of the last harvested.



#### **Tomato**

Solanum lycopersicum
Aransas planting 02/10, 08/01; from www.wikipedia.com: Determinate, or bush, types bear a full crop all at once and top off at a specific height; they are often good choices for container growing. Indeterminate varieties develop into vines that never top off and continue producing until killed by frost. Most heirlooms are indeterminate.

