



VEGETABLE COLLECTION

Natorp's
NURSERY OUTLET

Vegetable	Description	Culinary Uses	Health Benefits	Matures
Arugula, Wasabi	This arugula has a sharp, tangy bite with a spicy, nutty flavor. Deep green spoon shaped leaves can be sowed multiple times during the summer.	Great for cooking, eating fresh or in salads	In the top 20 of the Nutrient Density Index. Helps decrease the risk of diabetes & heart disease.	45
Asian Green, Komatsuna	Dark green glossy leaves that can be harvested in any stage, when young it has a mild flavor like spinach, older like cabbage. It is delicious eaten at any stage. Flavor does grow stronger as it ages.	Can be stir-fried, pickled, boiled and added to soups or used fresh in salads.	Rich in calcium, Vitamins A, B2, C, K and Beta Carotene and has anti-cancer properties	40
Asian Green, Komatsuna Red	Excellent for baby leaf micro greens, pick when they are 2-4" tall. This spinach mustard hybrid has purplish-red foliage. It will tolerate heat and still retains its color.	Great when used fresh in salads.	Rich in calcium, Vitamins A, B2, C, K and Beta Carotene and has anti-cancer properties	38
Asian Green, Molokhia	Also known as Egyptian spinach, the leaves are put in salads and mature leaves in cooking. A soup-like dish made with the plant's leaves is widely considered to be the national dish of Egypt. The seed pods can be eaten in the same manner as Okra.	Use in salads (young leaves) soups and make a tea out of the dries leaves.	Super-green, known as Jew's mallow or Egyptian spinach, has a high vitamin and mineral content.	60
Bean, Beananza	This green bean is great for small garden areas. This dwarf French bean will give you high yields of flavorful, stringless beans that are 6-7" long. Harvest regularly and they will keep producing beans.	Great steamed, use in stir-fry, soups and side dishes	Contains fiber, potassium, iron and can improve heart health, help prevent cancer & manage diabetes.	55
Bean, Indian Cluster (Guar)	Cluster Bean (guar) is used in Indian recipes. The young pods are used as a vegetable especially in curry recipes. They can be also known to be used as a green bean substitute.	Cooked, pickled, grilled baked or broiled.	Contains dietary fiber, vitamins A, C, and K, manganese, calcium, iron, and potassium.	59
Bean, Mascotte	Showy, white flowers appear above the foliage before the crisp, long, slender 5-6" stringless bean pods appear. This compact bean plant is perfect for containers	Use in stir-fry, soups and side dishes	Has antioxidant nutrients like vitamin C and beta-carotene which has cardiovascular benefits	55
Bean, Papdi	Long flat beans with a smooth skin and flavor similar to green beans. Pick when they are young and tender. As they mature the beans will get woody and are inedible. Dried seeds are not edible.	Use in Indian dishes. Tender beans can be added to salads or soups or they can be sautéed or baked		52
Bean, Red Asparagus	This incredible bean has up to 22" deep red pods and small beans that are tender and sweet. They are best when harvested at about 12 inches. They produce pods early and continue thru the summer.	Great steamed, stir-fried or sautéed	Has vitamins & nutrients with antioxidant, antibacterial, antiviral and anticancer properties.	80
Bean, Usha Yardlong	Also known as asparagus bean. They beans are slender and grow up to 2' long. Pick beans when that are the width of a pencil.	Great steamed, stir-fried or sautéed	Has vitamins & nutrients with antioxidant, antibacterial, antiviral and anticancer properties.	55



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Beet, Avalanche	This beet has snow white roots with the sweetness of ordinary beets, with no earthy or bitter aftertaste. Which makes them great for fresh eating. They also mature faster than other varieties.	Great for fresh eating, salads and sautéed	The foliage is exceptionally high in beta carotene and folic acid.	50
Beet, Bulls Blood	This heirloom beet is grown for its tender, sweet, deep red-burgundy foliage. The leaves reach 18 inches high. Though it is edible and the burgundy foliage a great addition to salads, it is often grown as an ornamental plant.	Salads and sautéed	The foliage is exceptionally high in beta carotene and folic acid.	50
Bitter Gourd, 'Kong Green'	This spindle-shaped fruit has dark green and relatively smooth skin. Fruits are 8-10 inches long and about 1 Lb. in weight. This variety is very popular in Hong Kong and widely grown in Canton, China and Southeastern Asia.	Great with beef, poultry, or seafood, and can be stir-fried, stewed, steamed, braised or curried.	Rich in iron, natural remedy for the common cold.	80
Broccoli, Artwork F1	This delicious broccoli is tender and has a long harvest season. It begins producing a large head of broccoli and once you cut it off, delicious side stems form and are best when cut at 6 - 8" long. Cut promptly so new shoots can continue to form.	Fresh eating, steamed, in salads, casseroles, stir fry and soups	Cardiovascular and immune system, cancer preventing properties and impressive nutritional profile	70
Broccoli, Destiny	Broccoli is a slow-growing, cool-season plant that grows best in full sun. This compact plant produces broccoli with medium-small beads that have a smooth dome shape. Good heat tolerance.	Fresh eating, steamed, in salads, casseroles, stir fry and soups	Cardiovascular and immune system, cancer preventing properties and impressive nutritional profile	70
Brussel Sprout, Franklin	These Brussel sprouts have the appearance of miniature heads of cabbage. They have an excellent flavor and an abundant yield of sprouts all the way up the stem. They are tasty when steamed or also enjoyed raw.	Use in salads, side or main dishes, canned, steamed or can be frozen	An antioxidant powerhouse of vitamins and anti-inflammatory agents that can prevent against diseases	85
Cabbage, Fast Vantage	This 2.5 lb cabbage matures quickly and produces high quality and uniform yields. It produces up to 6 weeks earlier than other cabbage varieties.	Great for egg rolls, sauerkraut, stuffed cabbage rolls, slaws and salads	Contains powerful antioxidants and known to help protect against breast, colon, and prostate cancers	59
Cabbage, Katarina	Compact with 4" heads. Mild, sweet flavor, juicy interior; and small cores. Holds well for longer harvesting. Great in containers	Great for egg rolls, sauerkraut, stuffed cabbage rolls, slaws and salads	Contains powerful antioxidants and known to help protect against breast, colon, and prostate cancers	50
Cabbage, Primero	Compact plant with 2-3 lb perfectly round red heads. It has a mild, sweet flavor, juicy interior and small cores. Holds well for longer harvesting. Holds up well in in heat and resists splitting.	Salads and stir fry	Contains powerful antioxidants and known to help protect against breast, colon, and prostate cancers	50



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Cabbage, Ruby Ball	This cabbage has 3-4 lb heads with a dark red color. Its an early maturing variety on a compact plant. It has a mild, sweet flavor, juicy interior and small cores. Holds well for longer harvesting.	Salads and stir fry	Contains powerful antioxidants and known to help protect against breast, colon, and prostate cancers	50
Cauliflower, Snow Crown	One of the easiest cauliflowers to grow. Snow-white, 2-lb. heads are 7-8 in. across and very flavorful. Has a long harvest period.	Fresh eating and cooked	Contains health benefiting phytonutrients that help prevent prostate, ovarian and cervical cancers.	55
Celery, Peppermint Stick	The striped candy pink and green tends to keep its color when cooked. It has aromatic leaves and stalks that provide a bold celery flavor. Great when used for fresh seasonings.	Salads, Seasonings, Soups, Stews, Risottos		85
Celery, Tango	The aromatic leaves of this plant are similar in appearance to flat-leaf parsley but have a slight curl. Tango's stalks are super sweet, tender and less stringy than other varieties.	Salads, Seasonings, Soups, Stews, Risottos, Garnish		85
Broccoli Chinese , 'Early Jade' Hybrid	Early cool season annual heirloom non-GMO vegetable. Harvest main stalk when about 8-10" tall and when 2-3 flowers are about to open. Soft leaves and tender crispy stems have excellent flavor when steamed, in stir-fry dishes or soup.	Stir fries, noodles, soups, boiled, steamed, grilled, roasted, fried, appetizer, pizza topping	Blood vessels, prevent rheumatoid arthritis, healthy heart, bone health, assist lung health	50
Broccoli Chinese, Suiho	Gai lan is a cool season annual non-GMO vegetable. This variety of Chinese kale/broccoli has round medium green leaves that are slightly wrinkled with 3/4" thick stems making this a growers choice. Also known as Noble Jade or Emerald Green.	Stir fries, noodles, soups, boiled, steamed, grilled, roasted, fried, appetizer, pizza topping	Blood vessels, prevent rheumatoid arthritis, healthy heart, bone health, assist lung health	55
Cabbage Chinese, Blues Hybrid	Also known as celery cabbage, this is a cool season annual non-GMO vegetable. It is a nappa cabbage that is extra slow bolting, high disease tolerance, superior performance in spring or early fall, and fungus resistant. It has a good pungent flavor.	Kimchi, sukiyaki, yosenabe, ohitashi, stir-fries, pickling and salad	It may offer protection against breast, colon, and prostate cancers and help reduce LDL levels.	55
Collards, Top Bunch	This fast growing collard has wavy blue-green foliage and once harvested, they will produce a second cutting. Top Brunch is one of the earliest varieties to harvest.		Has Vitamin A which helps to protect from lung and oral cavity cancers. Great source of Vitamin K	70
Cotton, Buranda White	This variety is a good choice for planting in your garden. It was developed in India specifically for cotton production. It will produce good yields of white cotton.			155



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Cucumber, Burpless	Crisp and tasty with a non-bitter flavor. Stake these cucumbers, because the fruit gets heavy. For the best flavor pick when they are 8 to 10 in.	Fresh eating, salads, saute' in butter, add to soups	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	70
Cucumber, Burr Gherkin	Long beautiful vines with hundreds of tiny cucumbers. They have a wonderful mild cucumber flavor with no bitter aftertaste. They can also be cooked like squash and added to many recipes.	Fresh eating, salads, pickling and in stir-fry	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	70
Cucumber, Fresh Pickles	This delicious little cucumber is great for pickling. Because of its small size it is a perfect cucumber for patio containers. These compact plants will yield up to 55 small cucumbers.	Fresh eating or pickling	Good source of vitamin C, Cucumbers have most of the vitamins the body needs in a single day. Helps	50
Cucumber, Lemon	Round 3-4" yellow colored cucumbers on a very long vine. They have a thin tender skin and milder flavor than regular cucumbers. It is less apt to become bitter.	Fresh eating	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	65
Cucumber, Manny F1	These 5-7" tender, crisp medium green cucumbers produce best when grown on a trellis or stake. Because of their size they are a perfect plant for container gardening, which usually produces higher yields.	Fresh eating, salads, pickled and stir-fry	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	55
Cucumber, Marketmore	This late bearing 8-9" slender cucumber are known as the "standard" for slicing cucumbers. They have a mild flavor and a long picking season. A great cucumber for home gardens.	Fresh eating, salads, sauté in butter, add to soups	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	55
Cucumber, Martini	This blonde cucumber has a sweet flavor from baby size up to 9 inches. It has a great juicy crunch and has very few seeds. It is best when picked at 5-6 inches long.	Fresh eating, salads, sauté in butter, add to soups	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	55
Cucumber, Mexican Sour Gherkin	Produces 1-2" fruits that fall off the vines when ripe. Sweet cucumber flavor contrasted by sourness, as if they are pickled. Great on a trellis	Fresh eating, stir fry, salsas and pickled.	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	70
Cucumber, Patio Snacker	This short vining, well branched plant produces 6-7" flavorful, bitter-free cucumbers. The compact growing plant makes it great for planting in containers.	Fresh eating or pickling	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	55
Cucumber, Persian Middle East	This early producing cucumber are 5-7" long with a sweet and crunchy taste. They bear an abundance of thin skinned cucumbers with a great flavor that is never bitter. Great for home gardens.	Fresh eating or pickling	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	50



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Cucumber, Poona Kheera	These heirloom cucumbers transition from smooth white skin to golden-yellow, and finally brown like a russett potato. The flavor will vary depending on age. They are generally crunchy with a savory, tangy, and subtly salty, vegetal taste.	salads, sandwiches, raw, grilled	Help maintain body fluids, lower blood pressure, boost the immune system, and reduce inflammation.	50
Cucumber, Sooyow Nishiki	This sweet, dark green cucumber has a crisp flesh. The skin has ridges and white spines that are easily removed by washing. It is a cucumber that doesn't have to be peeled.	Fresh eating, salads or pickling	Good source of vitamin C, Cucumbers have most of the vitamins the body needs in a single day.	50
Cucumber, Straight Eight	This cucumber is an AAS winner. They have an excellent flavor and deep green color. They are at the peak of flavor when they are 8" long. Great for growing on a fence or trellis.	Fresh eating	Good source of vitamin C. Cucumbers have most of the vitamins the body needs in a single day.	65
Eggplant, Ao Daimaru	This unique fruit is globe-type with a flat bottom, light green skin, and averages 1/4 lb and has a rich flavor. Flesh is dense & creamy when cooked.	Grilled, baked, roasted, or mashed	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	65
Eggplant, Bambino	"Bambino" eggplants are purple hybrid eggplants that mature quicker than most varieties. These plants reach about 12 inches tall, producing cherry tomato-like clusters of fruit 1 to 1 1/2 inches in diameter.	Use in entrees, appetizers, side dishes and sauces, stir fries. Pastas and more	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	60
Eggplant, Black Beauty	This eggplant variety has been around for over 100 years! The plants produce 5" purplish-black fruit that ripen earlier than other eggplants. Harvest fresh for best quality and taste.	Grilled, baked, roasted, pickled, mashed, and dried.	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	90
Eggplant, Early Midnight	This early maturing, eggplant has a compact spreading form. It has 6" purplish-black fruit with nearly seedless flesh with light flavor.	Grilled, baked, roasted, pickled, mashed, and dried.	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	55
Eggplant, Fairy Tale	This AAS winner has sweet, miniature 4 1/2" x 1" marbled purple fruits. They grow in clusters of six on a compact plant, which makes them great for container gardening.	Grilled, baked, roasted, pickled	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	50
Eggplant, Kermit	Kermit eggplants are crunchy and mild. The smaller sized plants can even be grown in containers. The green & white striped 1 1/2 - 2 1/2" round fruit has thin edible skin, & the fruit is seedless to nearly seedless.	Use in entrees, appetizers, side dishes and sauces, stir fries. Pastas and more	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	60
Eggplant, Kurume Long	Shiny, 9-10" black fruits have a purple calyx and a mild, delicate flavor. Relatively late maturing plant has an upright growth habit.	Excellent for tempura and pickling.	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	60



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Eggplant, Meatball Hybrid	The meatiest, tastiest eggplant ever! This large 5" purple fruit is dense, moist and packed with flavor and texture. Developed by Burpee they say if you bake, fry or grill it, 'Meatball's texture and flavor are amazingly like beef.'	Use in entrees, appetizers, side dishes and sauces, stir fries. Pastas and more	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	60
Eggplant, Patio Baby	2014 Award Winner This dwarf plant yields up to 50 rich black eggplants, that are tender and delicious! Because of its compact shape it is great grown in a container.	Grilled, baked, roasted, pickled	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	45
Eggplant, Shikou	This Asian type eggplant has a dark glossy fruit that is 6-8" long, meaty, with a succulent flavor. It has few seeds and a thin tender skin.	Slice and sauté or stir fry - no peeling or salting required.	In addition to featuring a host of vitamins and minerals, eggplant also contains important nutrients	70
Eggplant, White Star	This eggplant is sweeter and more tender than purple varieties. This fruit can be picked as soon as it turns icy white and starting at just a few inches long up to 7". Harvest the fruit before the creamy white skin begins to turn yellow.	Great cubed and added to casseroles and ethnic dishes. It is also fabulous sliced and grilled.	Eggplants are a very low calorie vegetable and have a healthy nutritional profile.	65
Fennel, Orion	Dramatic, feathery foliage and a sweet licorice scent. Fennel has a delicate and distinctive flavor that complements a variety of dishes. Orion is crisp and flavorful with an anise-like flavor with lacy, green foliage with hi yields.	Fish, Vegetables, Sauces, Soups, Salads		
Gongura-Roselle Red-Stemmed Gongoora	This mildly green & tangy vegetable has edible leaves and red stems. It has a fleshy sepal that is red with an acidic taste that can also be used to make juice or jelly.	Used as a cranberry substitute. Leaves are eaten raw in salads or cooked also.		
Gourd, Bitter Long	This Japanese variety of bitter gourd has best flavor when harvested at 10 - 13" Fruits are crisp and tender. Has yellow flowers & vine can reach 12'	Young fruit is great for soups, stir-fry especially with pork and black beans.	Bitter Gourd are an excellent source of fiber, minerals, vitamins and anti oxidants.	70
Gourd, Luffa (Chinese Okra)	Grow these squash for the best sponges ever. Harvest at 2" long for delectable baby vegetables or up to 7" long for drying into sponges.	Young fruits under 7" can be cooked and eaten like squash or sliced into salads		90
Gourd, Rishi Ridge	Also called Chinese Okra or turiya, it is another easy gourd to grow. It has white pulp with white seeds embedded in a spongy flesh.	Great in vegetarian dishes, sautéed or can be used as a substitute for squash or okra	Ridge gourd is low in saturated fat and cholesterol, high in dietary fiber, vitamin C, riboflavin, z	150



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Gourd, Calabash Long	Light green bat-shaped fruits with white flesh and sweet flavor. They are entirely edible when you harvest them between 14-24" long. If not harvested, they will harden as they mature.	The immature fruit can be steamed and is delicious in stir-fry dishes or meat soups.		100
Gourd, Bottle Gourd Nam Tao Klom	This edible vine is grown for its gourds that have a light green skin and white flesh and weighs up to 1 lb. It's also called opo squash. When harvested young you use it as a vegetable. If you let it dry it can be used as a utensil, bottle etc.	Commonly cooked in soups and stir-fry dishes in Asia.		70
Gourd, Ivy	Ivy gourd resembles the taste and look of cucumbers. The fruits are usually harvested young when the fruits are still firm and about 1.5" - 2" inches in size. The leaves are used as a substitute for spinach.	The immature fruit can be steamed and is delicious in stir-fry dishes or meat soups.		100
Gourd, Snake	This gourd's skin are often speckled or striped with a lighter shade of green. They will produce a lot of fruit ranging 17-19" and weighing approx.: 1/3 lb. They have a mild taste similar to a cucumber.	Great in vegetarian dishes and in curries, stir frying, baking and stuffing.	Ridge gourd is low in saturated fat and cholesterol, high in dietary fiber, vitamin C, riboflavin, z	150
Hops	These vines have an unusual green bloom that is used for flavoring beer. Hops vines are easy to grow on trellises. Just make sure they have strong supports. They make a great privacy screen in the summer.	Use to flavor beer		
Kale, Darkibor	Rich green, extremely ruffled foliage is delicious and holds up well in the garden for an extended harvest. A light frost will add a hint of sweetness to the robust flavor.	Great for kale chips, salads and any cooked dish	Rich in numerous vitamins & health benefiting polyphenolic flavonoid compounds i.e.beta-carotene	55
Kale, Prizm	Attractive, short, tight ruffle-edged leaves with a nutty flavor. They are quick to re-leaf so harvest often for a continual supply.	Use in salads and for cooking	Rich in numerous vitamins & health benefiting polyphenolic flavonoid compounds i.e.beta-carotene	50
Kale, Redbor	A lovely curled "red" kale that produces lots of frilly leaves that are sweet, tender and delicious when picked at any size. Frost improves flavor.	Great for kale chips, salads and any cooked dish	Rich in numerous vitamins & health benefiting polyphenolic flavonoid compounds i.e.beta-carotene	55
Kale, Lacinato Blue (Dynasaur)	This Italian heirloom variety is also known as Tuscan kale. It has heavily wrinkled 3" wide leaves that grow 10-18" long. Best eaten when leaves are small and tender. Flavor is enhanced by frost.	Pastas, Salads, Soups, Tomatoes, Vegetables	Contains Vitamins A, C, and K, fiber, helps manage blood sugar and folate for brain development	



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Kohlrabi, Quickstar	This is the earliest maturing variety on the market and has a slow bolt time. This variety grows high yields of uniformly sized, 2"-3" green-skinned edible bulbs.	Broiled, stir-fried in strips, grated for salads or fresh eating	A wonderful source of dietary fiber, vitamins C and B6, and minerals.	59
Lettuce, Butter King	The compact 12" heads are filled with tender, buttery leaves that are mellow, and have a sweet flavor.	Great for salads and sandwiches	Has Vitamin A which is required for maintaining healthy skin, and is also essential for vision.	65
Lettuce, Buttercrunch	AAS award, Buttercrunch with it's tender crisp flavor makes it the highest quality eating butterhead.		Has Vitamin A which is is required for maintaining healthy skin, and is also essential for vision.	65
Lettuce, Cristabel	This lettuce is dark green and has a full and frilly foliage. It is a high yielding variety. It has an upright growing habit.	Fresh eating, salads	Has Vitamin A which is required for maintaining healthy skin, and is also essential for vision.	90
Lettuce, Gala Corn Salad	Oval leaves with a mild buttery, nutty-flavor. It is also called lamb's lettuce or corn salad. Its delicate flavor is perfect when lightly dressed with a simple vinaigrette dressing. It is also good mixed with sharper-tasting greens like arugula or endive	Fresh eating, salads	Has Vitamin A which is required for maintaining healthy skin, and is also essential for vision.	90
Lettuce, Grazion	A slow bolting lettuce with dark green wavy foliage with dense heavy heads. This lettuce was bred to have an excellent disease resistance.	Fresh eating, salads	Has Vitamin A which is required for maintaining healthy skin, and is also essential for vision.	52
Lettuce, Little Caesar	Great for Caesar salads! Produces tall heads of sweet, crisp leaves that are best picked fresh before serving. It is perfect for small gardens and easy to grow. One head is just right for 2 people.	Fresh eating - salads	Has Vitamin A which is required for maintaining healthy skin, and is also essential for vision.	70
Lettuce, Rouxai	Oakleaf type with intense red leaves opening up to a vibrant green interior. The medium sized heads can be grown and harvested through most of the growing season; spring, summer and fall. High resistance to downy mildew and Nasonovia ribisnigri aphid.			47
Lettuce, Tom Thumb	A miniature butterhead, Tom Thumb is perfect for small gardens and ideal for a single serving. Flavor is sweet and crisp.	Use in salads or on sandwiches		70
Melon, Sugar Cube	Produces an abundance of 2 pound fruit with a juicy, orange flesh and super sweet flavor because of it's 14% sugar content. This melon has an extended shelf life, so there will always be plenty to enjoy!	Fresh eating and in fruit salads	Source of vitamins A & C, antioxidants, potassium, lycopene which has cancer preventing properties.	68



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Mustard, Red Giant	This mustard makes a bold statement with its deep red-purplish leaves and green veins. Unique spicy flavor adds zest to any dish. You pick this mustard leaf by leaf instead of uprooting the whole plant, so you get to enjoy it much longer.	Cooked or in salads	Vitamin K has a potential role in bone mass building function by promoting osteo-trophic activity	45
Okra, Baby Bubba	4" green pods. It is a compact plant with pastel yellow flowers. Takes up less space in your garden, while still giving an abundant harvest. Great for containers.	Cooking	Has Vitamin A,C, K, and folates. It's one of the vegetables with the highest levels of anti-oxidants	55
Okra, Clemson Spineless	Most popular okra on the market! Vigorous 4' high plant produces an abundance of spineless 2.5-3" green pods that are easy to pick and great for cooking.	Soups, stews and relishes	Vitamin A,C, K, and folates. It's one of the vegetables with the highest levels of anti-oxidants.	56
Okra, Green Fingers	4" green pods that will produce almost until frost. It is a compact plant with pastel yellow flowers, which makes it great for containers.	Cooking	Vitamin A,C, K, and folates. It's one of the vegetables with the highest levels of anti-oxidants.	55
Pak Choi, Toy Choy	This miniature Pak Choi has graceful white petioles and tender dark green leaves. These tiny, quick to grow stalks are 4-5" tall, which makes them perfect for a single serving. This variety is great for both spring and fall planting.	Oriental side dishes, sautéed, roasted, stir-fry or fresh eating	Contains certain anti-oxidants along with dietary fiber and vitamins.	35
Pea, Masterpiece	Parsley-like tendrils, plump sweet flavored juicy peas, and pods are all edible. Foliage is an edible green and has a delicate pea like flavor.	Use in salads, cooking, and stir-fry	Contains an assortment of phytonutrients which have been shown to lower the risk of stomach cancers.	60
Peanut, Virginia Jumbo	The best name in peanuts! They produces plenty of plump pods of jumbo sized peanuts. They are one of the best quality peanuts for eating raw.	Raw, boiled, roasted	Contains high concentrations of antioxidant polyphenols. Roasting peanuts increases its levels.	135
Radicchio	Deep red leaves with white veins and add a crisp, crunchy texture and a slightly bitter overtone to salads. Radicchio is eaten raw or cooked. Raw radicchio can hold raw dipping vegetables, olives, cheese, etc.	Other Lettuces, Legumes, Pasta Dishes, Omelets, Soups		
Salad, Arugula	Not just for salads, it is the variety of main culinary use. Arugula leaves are pale green, spear-shaped, ragged and torn looking. The flavor is appetizingly mustard-like and has musky undertones.	Salads, Sausage, Pizza, Cottage Cheese		
Salad, Chard, Fordhook Giant	This is the standard among Swiss Chards, sporting deep green savored leaves with bright white veins and stems.	Great to stir fry or steam	Has antioxidants that help protect the human body from oxidant stress, diseases and cancers.	



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Salad, Endive, Curly	Rosettes of long, rich, green leaves have a frilly edge and a very firm texture, the inner leaves have a subtle sweet flavor. This plant is slow-bolting and tolerant to frost.	Use on salads, sandwiches or as a garnish.	Contains significant amounts of Vitamin A and Vitamin K as well as some Vitamin C and fiber.	
Salad, Greens, Ovation Mix	A great combination of both mild and spicy greens. This mix includes Red Mustard, Mizuna, Tatsoi, Kale, and Arugula.	Use in salads		
Salad, Lettuce, Red Romaine	This large leaf romaine has deep red leaves that form a 9" head and makes a beautiful salad leaf.	Use in salads or on sandwiches		
Salad, Lettuce, Red Sails	Among the very first to arise, it resists bolting, giving you an especially long season of delectable eating. The large, erect leaves are deep red at the ruffled tips, shading into a bronzy-maroon and finally becoming green toward the base.	Salad	Folate, Vitamin C, iron, low calorie	45
Salad, Lettuce, Royal Oakleaf	Taking its name from the deeply lobed shape of its leaves, which resemble those of the oak tree, this variety is heat resistant and slow to bolt, meaning it can be grown later in the summer than other varieties.			50
Salad, Millcreek Mix	The colorful mix of crisp early leaf lettuces blend textures and mild, sweet flavors. Slow-bolting oak leaf and leaf lettuce have mild, sweet flavors that will go well with your favorite salad dressing.	Use in salads and on sandwiches		
Salad, Sorrel, Red V. Raspberry Dressing	Beautiful plants feature green leaves with red venation. The flavor is similar to a raspberry vinaigrette!	Salads		
Sorrel, French	One of the earliest greens in spring. Plants grow best in consistently moist soil. These tender greens have an intense lemony flavor. Sorrel is best used fresh but leaves do freeze well so you can use them later.	Salads, soups, sauces and generously with fish	Contains vitamins, fiber iron, magnesium, potassium. Great for your eyesight and immune system	60
Sorrel, Red	Stunning green leaves with brilliant burgundy-purple veins that have the same tangy flavor as regular sorrel. They are great for adding to micro greens mixes.	Great in salads		60
Soybean, Kodaizu	This mid-season soybean has small yellow seeds with dark brown eyes and grows on a compact bushy plant. It is excellent for sprouting.	Use in salads and stir-fry	Contains vitamins, minerals that improve digestion, bone health and decrease the risk of diabetes.	90
Spinach, Bloomsdale	This variety grows a heavy, continuous yield of thick-textured, crinkled green leaves. This spinach has a sweet, non-bitter taste raw or cooked.	Use fresh or cooked	Fresh leaves are rich source of several vital anti-oxidant vitamins and antioxidants.	45



VEGETABLE COLLECTION

Natorp's
NURSERY OUTLET

Vegetable	Description	Culinary Uses	Health Benefits	Matures
Spinach, Okinawa	A very nutritious vegetable, eaten raw or cooked, used in stir fry, stews and soups the leaves have a crisp, nutty taste with a hint of pine. Responds well to pruning rapidly becoming bushy adaptable to container gardening and hanging baskets.	Fresh, cooked, stir fry	Wonderful green-leafy vegetable often recognized as one of the functional foods for its nutritional,	55
Spinach, Red Malabar	Beautiful spinach like green leaves with reddish purple stems. It has a mild Swiss chard like flavor. Delicious to eat, this vigorous vine is unrelated to true spinach. It will grow to 6' if trained on a support.	Fresh, cooked, stir fry	Wonderful green-leafy vegetable often recognized as one of the functional foods for its nutritional,	55
Squash, Summer Burpee Golden	The long fruit are uniform in shape with a golden-yellow color. Its distinctive zucchini flavor is delicious. Fruits are best when picked 6 to 8" long.	Fresh, cooking, baking, grilling	Contains useful amounts of folate, potassium, and vitamin A, necessary for proper body function.	54
Squash, Summer Pic-N-Pic	Produces an abundant crop of 4-6" crookneck fruits, with a sweet flesh that is golden-yellow that ripen early. It's small bushy size makes it perfect for large patio pots and small-space gardens.	Fresh, cooking, baking, grilling	Contains useful amounts of folate, potassium, and vitamin A, necessary for proper body function.	41
Squash, Winter Burpee's ButterBush	The 1 1/2 lb fruit has a delicious deep red-orange flesh. Winter squash can keep for months once harvested. This compact plant only grows 3' long which makes it great for smaller gardens.	Fresh eating and in fruit salads	Source of vitamins A & C, antioxidants, potassium, lycopene which has cancer preventing properties.	75
Squash, Winter Butterbaby Butternut	This butterbaby squash has sweet, rich flavored fruits that have a tan skin and deep orange flesh. This variety ripens earlier than other mini butternuts and will keep for up to 4 months.	Fresh, cooking, baking, grilling	Contains useful amounts of carotenoids and vitamin A for proper functioning of the body.	85
Squash Winter, Chirimen	This Japanese pumpkin has an 8" ribbed, warty, flat globe shaped fruit that is green then turns to a buff color. The fruits creamy yellow flesh is moist and has a nutty, sweet flavor.	Cooking, baking, grilling	Contains useful amounts of folate, potassium, and vitamin A for proper functioning of the body.	100
Squash Winter, Goldilocks	New variety! Orange acorn squash looks like a small pumpkin with excellent flavor. This is a compact, bushy plant that is disease resistance and a good producer with fruit about 1.5-2 lbs.	Stuffed side dish,	Contains useful amounts of folate, potassium, and vitamin A for proper functioning of the body.	100
Squash, Mashed Potatoes Winter	This white acorn squash when cooked and fluffed will resemble mashed potatoes. For a continuous harvest pick when the fruits are small and the skin is shiny. It is best to harvest them often.	Mashed, baked, steamed or roasted	Contains useful amounts of carotenoids and vitamin C for proper functioning of the body.	85



VEGETABLE COLLECTION

Natorp's
NURSERY OUTLET

Vegetable	Description	Culinary Uses	Health Benefits	Matures
Squash, Winter 'Primavera Spaghetti'	Also called spaghetti squash, Primavera has fruit that are uniform in size and shape and have a canary-yellow skin. This semi bush plant will provide high yields.	Great for cooking	The vegetable contains useful amounts of folate, potassium, and vitamin A	93
Swiss Chard, Bright Lights Mix	All of the colored stalks are delicious to eat, with each color varying slightly in taste. The flavor is lightly milder than ordinary chard. They are at their best when they are harvested young for salads.	Cooking or freezing	Has antioxidants that help protect the human body from oxidant stress, diseases and cancers.	55
Watermelon, Crimson Sweet	Large, round melons averaging 25 lb. are light green with dark green stripes. Flesh is dark red and has a high sugar content and great flavor. Give the vigorous vines plenty of room to run.	Fresh eating and in fruit salads	Contains vitamins A & C, antioxidants, potassium, lycopene which has cancer preventing properties	80
Watermelon, Yellow Doll	This extra early producing watermelon has a very sweet yellow flesh and thin rind. The semi-compact vines produce 5-7 lb. oval melons.	Fresh eating and in fruit salads	Source of vitamins A & C, antioxidants, potassium, lycopene which has cancer preventing properties.	68
Zucchini, Burpee's Best Hybrid	This spine-free plants have 6-8" deep-green fruits with a buttery flavor. It has an earlier harvest than other varieties and produces abundance yields.	Fresh, cooking, baking, grilling	Contains folate potassium, and vitamin A, necessary for proper functioning of the human body.	53
Zucchini, Eight Ball	You can grow this 2 ways as a tender baby veggie or as a full sized zucchini. At maturity the fruit are 4"x 3" and have a glossy deep green skin. Has a nutty, buttery flavor.	Fresh, cooking, baking, grilling	Contains useful amounts of folate, potassium, and vitamin A, necessary for proper body function	55
Zucchini, Smooth Dark Green'	Early, vigorous zucchini with abundant yields of 6-8" fruits. Straight, smooth zucchini with pale greenish-white, firm flesh and a bush habit. Squash plants like to grow across the ground but can be grown up a trellis if hanging fruit are supported.	Fresh, cooking, baking, grilling	Contains folate potassium, and vitamin A, necessary for proper functioning of the human body.	53
Zucchini, Zucchini Rampicante	Long slender 15-inch fruit have a flat bulb at the bottom. They are one of the best eating summer squash: very tender, mild and sweet tasting.	Fresh, cooking, baking, grilling	Contains useful amounts of folate, potassium, and vitamin A, necessary for proper body function	70