

Asteraceae (Compositae) Sunflower Family

Includes Artichoke, Calendula, Cardoon, Chicory, Dandelion, Endive, Jerusalem Artichoke, Lettuce, Salsify, Sunflowers

(OP) = Open Pollinated, seeds that "breed true." When an open pollinated variety self-pollinates, or is pollinated by another of the same variety, the resulting seeds produce plants roughly identical to the parents.

Artichoke Favorites

Green Globe, Improved: The original improved artichoke. Expect flower heads by August –September the first year, early summer if plants overwintered. Harvest flower heads before they start to open. The smaller, immature artichokes are most tender. A good harvest of 3-4 large (3-5") heads can be expected and several much smaller ones. Proven to be the hardiest variety Green Globe can remain productive for at least five years. Need good drainage, routinely overwinters in Western WA.

Other varieties: A few of the newer hybrids may be worth trying, having shorter days to maturity but may not overwinter. E.g. **Emerald** and **Imperial Star**

Lettuce Favorites

Bibb or Butterhead type

Buttercrunch (OP) has a compact head of creamy, crunchy thick leaves. It makes good spring growth in cold frames or cloches. Slow bolting. "As hot as it got this summer, I never had it bolt." (pictured)

Merveille de Quatre Saisons (OP) also known as **Continuity**. Popular worldwide for big delicious heads, very tender and holds up well after picking. Features bronze-red outer leaves that encase a tight, light green interior. Will bolt in hot weather.

Skyphos 47 days full size. dark red on the outside, creamy light green on the interior; excellent flavor and texture. Good disease resistance too. (pictured)

Tom Thumb (OP) is fast growing, forming a perfect little butterhead perfect for a two person salad in about 34 days. Tolerates high temperatures and resists bolting.

Loose-Leaf types - Leaf lettuce is the easiest lettuce to grow and harvest because the leaves of the heads do not close tightly, rather forming an open rosette, and can be picked as needed without harvesting the whole plant.

Salad Bowl (OP) lime green, finely cut and curled in dense rosettes. Rapid cool weather growth, productive and slow bolting. (pictured)

Black Seed Simpson (OP) tender, crisp, light green leaves. Flavor holds well in the garden without going bitter. **Simpson Elite** (OP) may be even slower to bolt.

Green Star Bright green color with excellent heat tolerance, slow to bolting or tip burn. Green Star's shiny green color makes it look especially "fresh." Medium-size heads with very good flavor.

New Red Fire (OP) produces an impressive loose leaf head in just 29 days, very pretty, crisp, sweet rosy red leaves. Proven bolt resistance. (pictured)

Merlot (OP) 55 days to maturity. Very high in antioxidants and not bitter. "I like a variety called 'Merlot'. It has deep burgundy leaves, is open-headed, very mild and is a "cut and come again" type. Seems to do fine in warm weather, too." (pictured)

Mottistone (OP) has striking maroon speckles over a deep green background. Strong healthy, disease resistant variety. Can be allowed to form head or picked like a loose leaf. (pictured)

Red Sails (OP) (pic) with a head up to 10 inches across, the crinkly, deeply fringed, leaves are green at the base becoming burgundy at the tips. Stands in the garden after maturity without getting bitter or bolting.



Cherokee, a Summer Crisp Lettuce. Easy to grow, relatively tolerant to heat, and harvestable at all stages of maturity. Very crisp, sweet and juicy without bitterness. Thick, crisp, dark red leaves with good flavor. Very slow bolting with excellent tolerance to heat and bottom rot.

Oak leaf - True to name, the individual leaves of oak leaf lettuce are deeply lobed and shaped like the leaves of oak trees. While generally grown as a leaf lettuce and picked at baby-leaf stage, oak leaf lettuces can also be grown for full-size heads. Both red and green varieties are available.

Romaine

Parris Island (OP) a classic green romaine that does fairly well here and seed is readily available. Slow to bolt. (pictured)

Valmaine (OP) another classic green Romaine lettuce forming an 11-12" upright head at maturity (support). Very heat tolerant so can be seeded spring, summer and again in the fall for continuous harvest.

Flashy Trout's Back (OP) Heirloom from Austria 'Forellenschluss'. A dark green romaine splashed with wine-red speckles. Rich buttery flavor. (pictured)

Rouge d' Hiver (OP) Standard red romaine for baby leaf and small heads. An old French variety with medium-red tinted leaves and excellent flavor. Good regrowth. Tolerant to cold, but avoid hot weather.

Outrageous (OP) very red, thick, glossy, slightly ruffled leaves. Stout growing but can be harvest as a baby lettuce or allowed to mature to a 10" tall Romaine head.

