

# Rolling Green Nursery

## 2011 Vegetables

in packs and 4"



subject to availability

**N**ote: AAS is the acronym for All American Selection winners.

### BEANS

**'Runner Beans'** Ornamental and Edible. For best eating, pick when the beans are just starting to form in the pod.

Grow on a trellis or bamboo tee pee.

**'French Filet Beans'** *Tender String* less long beans can be harvested at 6-7" for a slender filet bean, but will grow up to 11", very sweet flavor.

**'Jade'** *Bush Beans* high yielding slender green beans.

### BEETS

**'Beta Bulls Blood'** deep burgundy leaves for salad mix. Produces both baby & full size beets.

**BROCCOLI** Premium crop.

### BROCCOLINI

Small broccoli heads will keep producing as long as you keep harvesting.

### BRUSSELS SPROUTS

**'Jade Cross'**

### CORN

**'Super Sweet'** bicolor.

### CUCUMBERS

**'Diva'** delicious, thin skinned and seedless, 2002 AAS.

**'Market'** more long, slender, dark green slicing cuke.

**'Northern Pickling'** high yielding on compact plants.

**'Bush Crop'** compact habit for small gardens and containers for your patio.

### EGGPLANT

**'Classic Italian'**

**'Fairy Tale'** dwarf, early with clusters of 3-5, lavender with white stripes, AAS.

### MELONS

**Cantaloupe & Watermelon**

### ONIONS & SCALLIONS

### SNOW SWEET PEA

tender sweet pods for salads, stir fries and steaming.

### SWEET PEPPERS

**'Lady Bel'** a robust bell with sweet flavor and crisp crunchy texture. Turns from glossy green to bright red at maturity 70 days.

**'Red Beauty Bell'** early, prolific, sweet Bell Pepper reliably matures bright red 68 days.

**'Gypsy'** early, productive, multi purpose pepper for salads or cooking, 3-4" long, pale green, wedge shaped peppers mature to orange-red, AAS winner.

### HOT PEPPERS

**'Jalapeno'** fiery hot 3.5" fruits turn green to red.

**'Mariachi'** mildly hot 3-4" cone shaped creamy/orange to red, AAS Winner.

### SQUASH

#### SUMMER

*Zucchini* **'Bush Baby'** minis to harvest at 4-6".

**'Raven'** a very dark green tasty squash.

*Yellow* **'Slic-Pic'** tasty & attractive straight yellow squash.

#### WINTER

**Acorn** **'Honey Bear'** UNH bred, small & deliciously sweet.

**'Delicata Sweet Dumpling'** sweet, tender, perfect for stuffing.

**Buttercup** **'Bonbon'**

**Butternut**

**Hubbard** **'Blue Ballet'**

### HOURS:

monday – saturday 8a – 5p  
sunday 10a – 4p

64 Breakfast Hill Road, Greenland, NH 03840  
rollinggreennursery.com | 603.436.2732

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## 2011 Vegetables cont.

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### PUMPKINS & GOURDS

#### TOMATOES

**'Beefmaster'** large, deep red full flavored beefsteak tomatoes up to 2l #

**'Celebrity'** an excellent home garden variety producing 8oz, 3-4" tomatoes, AAS Winner.

**'Early Girl'** popular early slicing tomato, producing 4-6 oz globular fruits all summer.

#### HEIRLOOM TOMATOES

**'Brandywine Red'** an Amish heirloom, large sweet, rich and slightly spicy flavor, a favorite.

**'Big Rainbow'** tricolored orange-yellow-red large beefsteak very sweet low acid flavor.

**'Cherokee Purple'** large burgundy to pink, an unusual variety with unique flavor.

**'German Giant'** deep pink with huge, rich sweet taste, potato leaf.

**'Green Zebra Unusual bright green and white-pale green striped, round, 2-4 oz with yummy tomato flavor.'**

**'Mister Stripecy'** large yellow with red stripes and a pink center, rich tangy flavor.

**'Moskvich'** early deep red globe shaped 4-6 oz, nice rich taste and cold tolerant.

**'Pineapple'** huge bicolor red-yellow sweet and beautiful beefsteak tomato.

**'Valencia'** meaty round, orange fruits with few seeds great flavor and texture. A Maine family heirloom with a Spanish accent.

#### CHERRY TOMATOES

**Black Cherry 'Sweet Pea'** tiny, sweet, quarter inch, ruby red, nice in containers or hanging baskets.

**'Sun Cherry'** super sweet, 1-2" cherry tomatoes produced on large vigorous plants.

**'Sun Gold'** intense sweet flavor, bite-sized, golden fruits, produces early and heavy crops.

#### 'Plum' & 'Grape' Tomato

**'Roma Classic'** paste-type tomato. Perfect for sauces, bright red, pear-shaped, meaty with few seeds.

**'Super San Marzano' Classic Italian** 5-6 oz tomatoes on tall vines, delicious meaty flesh for sauce & canning.

**'Sweet Olive'** bite-size, oval shaped, sweet, red, grape tomato bursting with flavor.

**'Juliet'** sweet plum cluster, deep red shiny 2-3" fruits; great for salads, salsa & sauces, AAS Winner.

**'Tomaccio'** this "sweet raisin" tomato is really good dried-super sweet and tomato-ey flavored.

**'Yellow Pear'** vigorous vines bear small 2" petite, lemon-yellow, pear-shaped tomatoes with mild flavor.

#### PATIO TOMATOES offered in 1 Gallon Pots & 4"

**'Bush Early Girl'** great for the patio, 6-7 oz red with lots of disease resistance.

**'Patio'** perfect for containers, compact plants produce red medium 4 oz flavorful fruits.

**'Small Fry'** brilliant, deep red, bite-size, juicy fruits, produced on compact plants, perfect for containers, AAS Winner.

**'Tomato Sweet and Neat'** very compact plant for patio with three quarter inch, cherry red fruit.

**TOMATILLO 'Purple'** Unusual purple flavor makes ideal salsa, fruit is ripe when papery husk has folded back to reveal fruit.

#### HUSK CHERRY or CAPE GOOSEBERRY

**'Aunt Molly's'** sweet and fruity ripens to golden orange inside papery husks. Plants are profusely branching and prolific and drop ripe fruits. Use fresh in fruit salads cooked in pies, preserves, unusual and rewarding.

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### EAT YOUR GREENS

**D**ark green leafy vegetables are, calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of Omega-3 fats.

Perhaps the star of these nutrients is Vitamin K. A cup of most cooked greens provides at least nine times the minimum recommended intake of Vitamin K, and even a couple of cups of dark salad greens usually provide the minimum all on their own. Recent research has provided evidence that this vitamin may be even more important than we once thought (the current minimum may not be optimal), and many people do not get enough of it.

Vitamin K: Regulates blood clotting, Helps protect bones from osteoporosis, May help prevent and possibly even reduce atherosclerosis by reducing calcium in arterial plaques, May be a key regulator of inflammation, and may help protect us from inflammatory diseases including arthritis, May help prevent diabetes Vitamin K is a fat-soluble vitamin, so make sure to put dressing on your salad, or cook your greens with oil.

### Arugula

**Beet 'Bulls Blood'** deep burgundy leaves for salad mix and produces both baby & full size beets.

### Red Choi

**'Pac Choi'** with a touch of red, stir fry.  
Other Asian specialties.

### Kales

**'Italian Toscano', 'Dwarf Blue Curled', 'Red Bor', 'Wild Garden Kale Mix'.**

### Lettuce

**'Romaine', 'Butterhead', 'Gourmet Mix's', 'Braising Mix's', 'Spicy Mix's'.**

### Spinach

**Swiss Chard 'Bright Lights Mix'** ornamental and edible.

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