

# Other Vegetables

2016

## (Eggplant, Beet, Okra, Parsley, Cilantro)

### Eggplant

*Solanum melongena*. A member of the nightshade family, eggplant (also called aubergine or brinjal) is an annual in Wisconsin. An ornamental edible, its fruit is egg-shaped or cylindrical, and it can be purple, white, green, yellow or orange. Eggplant is eaten in Indian, Italian and Asian dishes. Eggplant does well in appropriately-sized containers and smaller garden spaces. Pick when young and tender. Plant in a well-drained, fertile, sunny location after any danger of frost. Stake as needed.

#### 'Pintung Long'

Color: dark lavender

Size: 18" long, slender

This heirloom from Taiwan is one of the best Chinese eggplants around. Sweet and tender fruit. 70 days.

#### 'Rosa Bianca'

Color: pink and white

Size: 6" round

A beautiful Italian heirloom with fruit that has pink coloration over a white base. The flavor is mild with no bitterness. Flesh is meaty. 80 days.

#### 'Shikou'

Color: deep purple

Size: 8" oblong

Medium sized semi-spineless plants yield high quality Asian-type fruits that require no peeling or salting! Few seeds and thin tender skins. 75 days.

#### 'Snowy'

Color: white

Size: 7" long oval

Pearly-white eggplants are creamy, fine textured and not bitter. Plants grow to 30" tall. 60 days.

### Beet

*Beta vulgaris*. Beets are typically grown as annuals and favor cooler weather. Both the leaves and the taproot are edible. Harvest roots when they are no larger than 2" wide. Beets have an earthy taste due to a chemical called geosmin. Beets are low in calories and high in B vitamins and minerals.

#### 'Bull's Blood'

The tops of this beet are used as leafy greens in salads. Deep red, 13" leaves have a clean crisp flavor. Roots grow to 2"-3" and

have red and white zoning. Open-pollinated. 64 days.

## Okra

*Abelmoschus esculentus*. Okra thrives in hot weather and warm soils and is drought tolerant, although it needs moisture during flowering and pod set. Pods impart a thick viscosity to gumbo and other southern dishes. Even if you don't care for the taste grow okra for the beautiful form and flowers alone!

### 'Bull Dog'

Compact plants produce beautiful red-orange stems and fruits. Great taste in this Asian variety. 58 days.

## Parsley

*Petroselinum crispum*. Parsley is a member of the carrot family and is usually grown as an annual. Plant in a moist, sunny location and continually harvest the leaves to keep from bolting. While both are edible, flat parsley has a sweeter flavor and is a better for cooking whereas curly varieties are often used as a garnish or an attractive addition to the garden. Parsley contains anti-oxidants and many vitamins.

### 'Giant of Italy'

Huge, dark-green leaves are flat and borne on strong stems. Classic parsley taste, perfect for salads or cooking. High yields. 75 days.

### 'Moss Curled'

Finely divided leaves make this parsley superb for use as a garnish. Flavor is excellent, too! Plant reaches 12" in height.

## Coriander/Cilantro

*Coriandrum sativum*. Use as fresh leaves (cilantro) or dried seeds (coriander). Fresh leaves are commonly used in Asian and Mexican dishes. People seem to either love or hate the sharp taste of cilantro leaves! Allow the plant to go to seed to obtain coriander seeds which are used whole or ground as a spice. Coriander has a warm, nutty, citrus flavor, and is used in Indian dishes and even Belgium wheat beer.

### 'Pokey Joe'

Excellent tasting leaves on 18" tall plant. Slow to bolt - very "pokey" to set seed!