

# VEGETABLE ACADEMY SEED SELECTION 2023

**Supplier Abbreviations:** Vegetable Academy (VA), T&T Seeds (T&T), Johnny's Selected Seeds (JSS), West Coast Seeds (WCS), High Mowing Organic Seeds (HMOS), Early's Farm & Garden Centre (Early's)

Crop	Variety	Notes	Seed Suppliers
Beans	<a href="#">Borlotti</a>	Colourful Italian heirloom good for eating fresh, freezing, or drying.	T&T, VA
Beans	<a href="#">Fortex</a>	Pole bean variety offering exceptionally long round pods over an extended harvest window.	JSS, WCS, Veseys
Beans	<a href="#">Jumbo</a>	These Fava beans can be used for freezing, shelled fresh or dried. Forms large seed pods filled with 7-8 large plump beans. Plants mature in 75 days and grow best in cool conditions.	Veseys
Beets	<a href="#">Formanova</a>	We love the elongated shape and multipurpose value of these long dark beets.	HMOS
Beets	<a href="#">Touchstone Gold</a>	The brilliant gold colour of this variety and lack of bleeding is always appreciated by our farm members.	HMOS, JSS, WCS
Beets	<a href="#">Guardsmark Chioggia</a>	The beauty of these pink striped roots is too hard to resist growing at least once a season.	Veseys, JSS, HMOS, WCS
Broccoli	<a href="#">Happy Rich</a>	This baby broccoli offers more smaller more tender heads on slender stalks and an ongoing harvest if picked regularly.	JSS
Broccoli	<a href="#">Gypsy</a>	This hybrid variety is noted for its heat tolerance and bolt resistance, allowing for an extended harvest window during the summer. Option to harvest additional side shoots after main head is harvested. Matures 62 days after transplanting.	WCS, Veseys
Cabbage	<a href="#">Expect</a>	Short stemmed, medium white cabbage with waxy green leaves. This Bejo hybrid is very healthy and productive. Maintains taste, colour and quality when stored. Suitable for very long term storage. Matures in 100 days from transplanting.	Veseys
Cabbage	<a href="#">Golden Cross</a>	Quality medium sized heads in very little time maturing 40 days after transplanting. Multiple smaller heads will regrow after first harvest.	T&T
Cabbage	<a href="#">Red Klimaro</a>	Klimaro is a round headed storage cabbage with a small core and outstanding storage ability. Matures 110 days after transplanting.	Veseys
Carrots	<a href="#">Mokum</a>	Top flavour, deep orange colour right to the core, and crisp texture throughout. Those characteristics combined with early maturity and significantly sized 7 inch roots make this our number one pick. If we had to just grow one variety, this would be it.	JSS, Veseys, T&T, WCS
Carrots	<a href="#">Naval</a>	Sweet flavour! Naval is a consistent producer that is highly adaptable to a range of climates including hot and dry weather conditions. Strong, healthy, upright tops allow for ease of harvest. Flavour is excellent right out of the field. Stores well throughout the winter and maintains its sweet flavour. Matures in 75 days	Veseys
Carrots	<a href="#">Redsun</a>	This red hybrid variety adds a bit more colour intensity to our Rainbow blend. It matures at about the same rate as our Rainbow carrots with a similar 7-8 inch root size.	JSS
Carrots	<a href="#">Rainbow</a>	This has become the base of our Rainbow carrot mix. Because it is a single carrot variety with colour variation within one variety, it matures uniformly. The carrots have a great crisp texture and sweet flavour too.	JSS, Veseys
Cauliflower	<a href="#">Freedom</a>	A light orange cauliflower with improved heat tolerance suitable for spring and fall plantings.	Veseys
Celery	<a href="#">Tango</a>	Flavourful juicy stalks and not too stringy.	T&T, JSS, Veseys, WCS, HMOS
Chickpea	<a href="#">Chickpea</a>	These stout plants grow 20-50cm (8-20") tall, with feathery leaves and small white flowers. Matures in 100 days.	WCS
Corn	<a href="#">Corn Sweetness</a>	An early sweet corn that tolerates cool soil and has a relatively long shelf life for fresh eating.	T&T, JSS, Veseys
Corn	<a href="#">Caramel Crisp</a>	These seeds are bred for making caramel corn. The shape helps delicious caramel coating to cling to the popped kernel. Great flavor and large size ensure that Caramel Crisp popcorn seeds are a treat for snacking even without a caramel coating! Matures in 105 days.	WCS
Cucumbers	<a href="#">Babylon</a>	This smooth-skinned Cucumber (spineless) needs to be picked at about a 15 cm (6 in) size. Flavor is sweet, crunchy, burpless and very prolific.	T&T
Garlic	Russian Purple	Large heads with with about 6 cloves per head on average. Outer skin has great colour. This variety has produced consistently for us and we found the clove count per head to be a little higher than Music, so fewer heads are required for replanting.	VA
Kale	<a href="#">Starbor</a>	These uniform, compact plants are the best kale choice for harvesting all in one go at 45cm (18") tall. The dark blue-green leaves are very tasty, and appealingly curled, with short internodes - meaning they're packed more tightly on the stem than other types.	JSS, WCS, Veseys
Leeks	<a href="#">Tadorna</a>	A uniform and reliable leek with bright white shanks and sweet flavour.	WCS, JSS
Lentils	Laird	This variety was the first to be licensed in Canada. It produces relatively good yields of large green lentils 6-7mm in diameter.	local farmer
Lettuce	<a href="#">Salanova Foundation Collection</a>	These four incised varieties form the base of our salad mix from spring to fall.	JSS
Melons	<a href="#">Cantaloupe, Halona</a>	This hybrid variety produces 4-5lb fruit with sweet aromatic fruit. Vines have shown good resistance to powdery mildew and some fusarium. Matures in 75 days.	Veseys, JSS

Melons	<a href="#">Honeydew, Snow Leopard</a>	This hybrid produces unique personal sized 2lb melons with green speckled skin and white sweet flesh. Matures in 71 days.	JSS
Melons	<a href="#">Watermelon, Mini Love</a>	This is an early (70day) watermelon with more compact growing tendencies and 3 kg fruit with red flesh.	T&T
Melons	<a href="#">Watermelon, New Queen</a>	This early (60 day) watermelon has crisp yellow-orange flesh and few seeds. The small 2-3kg fruit make it a good fit for trellising.	T&T
Oats	<a href="#">Naked</a>	Naked (ie. hullless) oats were traditionally the grain of choice for milling into flakes, while hulled oats were fed to livestock. They are prized for their higher levels of protein and antioxidants, but they can also be rolled into oats without steaming. The hulled oats that dominate the market today need to be steamed or roasted to shed the hulls and prevent the oats from going rancid.	VA, Avril Supermarket
Onions	<a href="#">Red Carpet</a>	Beautiful red onions with good storage potential. Best started as a transplant in short season areas. This hybrid matures in 115 days. Approx. 200 sds/pkg	JSS, WCS
Onions	<a href="#">Sierra Blanca</a>	These are large mild neutral day white onions formerly known as Super Star. They are best suited for fresh eating. Also known as "Superstar".	JSS, Veseys
Onions	<a href="#">Frontier</a>	Consistent performer in a range of soils and weather conditions. Large golden bulbs are suitable for long storage and have thin necks that cure quickly. Matures in 100 days.	JSS, Veseys
Parsnip	<a href="#">Albion</a>	This hybrid is noted for its strong emergence and ability to resist yellowing in storage. Matures in 100-120 days.	Veseys
Peas	<a href="#">Sabre</a>	Sabre was bred for fresh market production, producing long pods with 8-10 peas in each. Vines grow to 20-24 inches in height and show good heat tolerance as well as resistance to Fusarium Wilt, Root Rot and Powdery Mildew	Veseys, JSS
Peas	<a href="#">Super Sugar Snap</a>	We love this trellising variety for its large sweet stringless pods. We'll plant several successions to give us a good supply of peas for most of July.	WCS, T&T, JSS, Veseys
Peppers	<a href="#">Carmen</a>	Excellent flavour and first to turn red. Carmen is known for its earliness, sweet flavour and dependability. This hybrid was developed to set fruit under cooler conditions so it is a great choice for short season areas. Matures in 65 days to green and 80 days to red, from transplanting.	Veseys, JSS
Peppers	<a href="#">Early Summer</a>	This is an early maturing, yellow bell pepper. The fruit are large at 5" and an elite disease resistance package gives Early Summer a winning combination. 75 days maturity from transplant.	JSS
Potatoes	Red Norland (tentative)	A dependable early producer in our climate with good scab resistance.	VA, T&T, Early's
Potatoes	Purple Caribe (tentative)	Early variety with scab resistance, and colourful purple and pink tubers. This one can produce very large yields if left in the ground to fully mature. It's also a top choice for mashing.	T&T, Early's
Potatoes	Bellanita	A small fingerling salad potato with high tuber numbers and pale yellow flesh.	VA, T&T
Potatoes	Banana	This variety is late maturing but worth the wait. Creamy yellow flesh is solid and silky smooth, excellent for salads. Narrow tubers average 3 to 4 inches in length.	VA, Early's
Potatoes	Marilyn	This is still our all-time highest yielding potato and ranks among the best for flavour and texture in our household as well. I gave it up for a few years because it is susceptible to scab, but will try it again this year in containers to avoid the scab problem.	VA
Raspberries	<a href="#">Boyne</a>	Trusted disease resistant summer bearing variety for the field.	
Raspberries	<a href="#">Nova</a>	Heat tolerant florican variety for high tunnel that is almost thornless.	Veseys
Spinach	<a href="#">Renegade</a>	This variety has yielded well for us, resisted powdery mildew, and even holds up reasonably well to washing.	WCS, HMOS
Squash, Summer	<a href="#">Golden Glory</a>	I love the brilliant yellow colour of this squash. Since it keeps yielding well, we keep it in the line up.	T&T, JSS
Squash, Summer	<a href="#">Dunja</a>	A dependable dark green producer with bush habit and good powdery mildew resistance.	JSS
Squash, Winter	<a href="#">Red Kuri "Little Gem"</a>	Deep orange-red colour. A very popular and flavourful miniature hubbard type squash. Vigorous vines set numerous 8" round, 3-5 lb fruit. Excellent for pies or vegetable use. Good storage capabilities. This hybrid variety matures in 80 days.	Veseys
Squash, Winter	<a href="#">Jester</a>	Oval shaped squash with ivory background and green striping. Short vines yield well.	JSS
Squash, Winter	<a href="#">Prism</a>	Prism is an early butternut variety with classic butternut shape and uniform size. The golden fruit have a smooth skin, rich in flavor with a buttery texture. The open bush plants are very productive with a high resistance to powdery mildew and Cucumber Mosaic virus and are nearly spineless. Average weights of 4.5 lbs. reported in trials. Matures in 90 days.	Veseys
Squash, Winter	<a href="#">Sweet Mama</a>	Kabocha type squash semi bush growth habit. Fruit has dark green skin, thick yellow flesh, and excellent storage qualities. Matures in 85-90 days.	JSS, Veseys
Strawberries	<a href="#">Kent</a>	One of the most popular June bearing varieties in Canada known for good yields, high number of runners, and a short harvest period.	T&T, Veseys
Sunflowers	<a href="#">Kazakhstan Striped</a>	This is a "Confectionery" type sunflower, meaning seeds are large and edible. Plant grows over 7 ft tall and with large heads up to 30 cm in diameter. Seeds are long (2 cm), and full, hulls are white colored with distinct grey stripes. Excellent for snacking roasted and/or salted, (hulled) for baking and as addition to salads.	Elena's Garden
Tomatoes	<a href="#">Plum Regal</a>	This hybrid determinate plum tomato produces firm 4oz fruit great for salsas and sauces, and noted for their rich flavour among other paste tomatoes in taste tests. Its strong disease resistance helps keep it healthy and productive all season long. 68 days to maturity.	JSS, Veseys
Turnips	<a href="#">Hakurei</a>	A Japanese salad turnip with crisp texture and uniform interior. These add an interesting contrast to other fresh salad ingredients in the summer. The long harvest window, makes them a more flexible crop to grow in the summer compared to radishes, but the pest pressure is equally high.	WCS, JSS

Wheat	Red Fife	This heritage wheat variety was brought to Canada from the Ukraine in the mid 1800's and its flour is noted for its superior baking qualities.	VA, Steep Hill Food Co-op
Wheat	Hard Red Spring	The high protein and gluten content of this wheat makes it an exceptional choice for baking bread.	Nutters