

Food Garden Varieties for Las Cruces, NM

83 varieties grown by Darrol Shillingburg - Spring 2008

Artichock

Green Globe – Very easy to grow here, except in heavy clay soils, needs good drainage. Spring harvest season is short, but flavor is excellent – pick chocks when very small

BEANS

Lima Beans:

Hopi Yellow Limas - A sprawling bush lima with a long history in the southwest - heavy producer, but needs some room to sprawl - Source - NSS

Christmas Limas - A true pole bean with large seeds. Very heavy producer with vines to 8-10 ft.

Dixie Butter Peas - A bush lima with small dark red seeds. Will produce two crops from the same plant if started early enough. Very heavy production.

Pole Beans:

Little White Ice Beans - A small white bean, developed in Holland and introduced into the U.S in the 1700s. A long time favorite in Appalachia. Produces two harvests - excellent as a green snap bean, a shelly bean and a dry bean

Hopi Black Pintos – The green beans remain tender even when the seeds form, fine flavor and texture. A classy and easy on the water pinto bean. Source - NSS

Anazasi Beans - They are moderately drought tolerant, but it best to keep them evenly watered if you want tender snap beans. The dry beans have a distinctive sweet flavor.

Bolita Beans - mild and creamy in flavor as well as a robust and easy pole bean in the garden. Don't plan on using them for green beans as they have a lightly stiff furry surface texture on the pod as well as the leaves and they are stringy.

Tarahumara Purple Beans -well adapted to dry alkaline sandy soil and produces well even at the colder end of the season. Excellent flavored green bean and dry bean. Source-NSS

San Felipe Pueblo White Tepary Beans – A bean native to North America that is drought tolerant, easy to grow and has an excellent flavor. Recommended as a dry beans only - Climbs to about 6ft - Source – NSS

Bush Beans:

Provider Beans –

Blue Lake –

Mayocoba Bush – Excellent flavor both as a green and dry bean.

Roma II Bush – Quick growing with sweet flattened pods

Preregion Beans – Plant only for dry beans, not a good green snap bean. Unique flavor and an Oregon heirloom that grows well here with irrigation.

Fava Beans:

Guatemalan Purple - Grows well here in spring and fall and reasonably cold tolerant (10° F). Will produce two harvests with some irrigation and is a good nitrogen fixer. Pods and seeds edible as a green snap bean, a shelly bean and a dry bean - Source - SOC

Sweet Loraine - A small seeded fava, sometimes referred to as a Bell bean. Cold hardy(10° F), fast growing. Makes an excellent green manure. Pods and seeds edible at all stages of maturity. Excellent as raw and cooked greens - Source – SOC

Cow Peas:

California Black Eyes – the traditional black-eyed pea, determinant bush form Edible green pods and dried beans

Corrienthies Cow Peas – an heirloom variety with small red beans, indeterminate sprawling growth form. Excellent flavored dry bean

Purple Podded Peas – determinant form, excellent flavored dried bean

Peas:

Progress #9 - Edible as a snap pea when pods are small, a shelling pea when larger and as a dry soup pea Can be self supporting if planted closely (2" spacing"

Cascadia Snap Pea – A low climbing edible pod sugar snap pea that is heat tolerant

Mammoth Melting Snow Pea – an excellent snow pea for cool season growing, becomes bitter quickly in heat

Alveron Temporal - A dry farmed snap/shelling pea introduced into New Mexico by the Spanish. It is more heat tolerant than most modern peas, but needs irrigation in southern areas - Source - NSS.

Ojito Peas - A traditional Spanish soup pea (small seeded) introduced into New Mexico by the Spanish and grown in northern New Mexico since then. It grows well in the garden in the southern region. Needs support for climbing vines - Source - NSS

Broccoli:

Nutri-Bud - Develop by Seeds of Change in New Mexico. It is very vigorous, cold tolerant and takes heat well for a broccoli (80-85 ° F). An open pollinated variety - Source – SOC

Carrots:

Nutri-Red Carrot - A classic cooking carrot. Vigorous and reddish colored, not for eating raw or for juicing - but outstanding flavor and texture when cooked - Source - N

Baby Fingers (also called Little Fingers) - An excellent small carrot for eating raw

Corn:

Golden Jubilee – traditional open pollinated sweet corn

County Gentleman – heirloom sweet corn

Bloody Butcher – heirloom dent corn to be ground for flour or grits

Chapalote Maiz – one of the four original strains of corn and the only brown kernelled corn. A flint corn that can be popped or ground for flour or grits - Source – NSS

Cucumbers:

Italian Cucumber – produces sweet fruit in hot weather, but susceptible to powdery mildew Source – SFI

Garlic:

Romanian Red – hard-necked garlic with excellent spicy flavor Source - Ronnigers

Greens:

Perpetual Chard Spinach Beet - Edible raw when large, remains sweet throughout summer. A biennial that will self sow if left to seed. Fast growing - the best spinach substitute. Source - N

Bright Lights Chard - Multicolored stems, easy to grow and makes a decorative border plant

Italian Sliver Ribbed Chard - Excellent thick leaves and wide stems. Not as fibrous as most other chards. cold tolerant, superior flavor

Mangold Witerbi Chard – mild flavored broad stemmed chard that produces well through summer - Source -SOC

Giant Red Mustard – Excellent flavor both raw and cooked when grown in winter, not heat tolerant

Mizuma – A sweet winter green, best raw in salads, easy to grow.

Tuscan Kale – Excellent as a cooked winter green

Red Russian Kale – Sweet in winter

Pac Choi – a very fast growing winter green

Southern Collard Greens – Highly nutritious and productive winter green, holds well into summer

Eggplant:

Japanese Purple – produces well from mid summer until frost - long, slender fruits

Leeks:

French Baby Leek – a fast growing summer leek that is cold tolerant enough to grow through the winter here

Winter Giant Leek – large vigorous plant that store well in the ground

Carentan – a summer leek that grows well here through winter as well

Lettuce:

Jericho - The most heat tolerant(100°F) Romaine available today. Developed in Israel, this open pollinated variety will remain sweet even while bolting - until it forms flowers, cold tolerant(10°F) - producing well in winter, even without row covers - Source - SOC

Ruben's Red Romaine - Produces very well here. Not heat tolerant, but a very good cool season lettuce - beautiful reds, particularly in winter Mature heads bake well with excellent flavor

Bronze Arrow Lettuce - An heirloom with excellent flavor and unique leaf shape

Amish Deer Tongue Lettuce - A tight headed romaine with high water content – a cool season variety. Mature late spring heads bake well with delicious flavor. For baking the flavor is best when the plant is too bitter to eat raw.

Kagraner Sommer - A true bib lettuce that grow well here in spring, fall and winter. It is rather heat tolerant for a bib lettuce - excellent texture and flavor - Source - Botanical Interests

Onions:

Bulbing:

Stockton Yellow – medium sized pungent onion that is excellent for cooking

Bunching:

Spanish Valencia –

Toho O'odham L'itois – introduced by Spanish explorers and grown in the SW since then. Cool season plant that goes dormant in June and seldom set blossoms - Source - NSS

Yellow Potato Onion – an heirloom that stores extremely well – small bulbs

Top Setting:

Egyptian Walking Onion – perennial plants that set small bulblets instead of blossoms

Peppers- Hot:

Serrano – The heirloom variety produces small medium hot peppers that are excellent in cooked dishes. Freeze whole peppers for easy use.

Peppers- Sweet:

Cal Wonder Orange Bell – Sweet large fruit

Cal Wonder Red Bell – Sweet large fruit

Potatoes:

Yukon Gold – An excellent early white

Red Norland – An excellent early red

Russet Nugget – a late season russet, stores well Source – SOC

Radishes:

White Icicle – easy spring radish, plant both early spring and winter

Cherry Belle –

French Breakfast –

Parat Sperling – Roots will hold flavor well until baseball size

Easter Egg -

Squash-Summer:

Hopi Pumpkin - A viney green zucchini like squash with outstanding flavor. (raw and cooked). Very vigorous vines that need some space to grow. Produces secondary roots at the vine nodes. Source –NSS

Yellow Crooked Neck

Patti Pan

Squash-Winter:

Butternut

Delicata

Tomatoes:

San Marzanos – A roma tomato that grows vigorously with meaty fruits, good roasted, dried and sauced

Roma Paste Tomato

Italian Plumb Tomato – very robust plant that produce plumb size fruits until frost - Source – SFI

Oregon Spring Bush – determinant bush that produces medium sized slicers early in the season

Persimmon Tomato – yellow fruit with good sugar content

Beef Master – produces both early and late season, disease resistance Ripen well off the vine

Yellow Pear – vigorous indeterminate plant that survive when other varieties Sweet fruit

Turnips:

Purple Top – Can be grown both early spring and winter

Sources:

NSS – Native Seed SEARCH www.nativeseeds.org

SOC – Seeds of Change www.seedsofchange.com

SFI – Seeds From Italy <https://growitalian.com/>

N – Nichols www.nicholsgardennursery.com/

Botanical Interests www.botanicalinterests.com/

Ronnigers www.ronnigers.com/