

BEST VEGETABLE GROUPS for the Coastal Climate

Includes some suggested varieties: Most are widely available unless noted with a specific vendor letter designation. The vendor key follows.

- 1. Root Crops: Carrots, Beets, Radishes:** All root crops do well in our climate, prefer loose deep soil. **Carrots:** all varieties, note the mature length, shorter varieties are better suited to heavy soil. Carrots need deep soil, **regular and ample water.** **Beets:** ‘Cylindra’ and ‘Forono’ excellent 6” to 8” long beets, more for the space. ‘Touchstone Gold’ and ‘Boldor’(J) are vigorous sweet, mild golden beets, ‘Chioggia’ is a nice striped Italian heirloom. The tops are delicious in salads or sautéed. Beets require boron and our soils are generally deficient, use a fertilizer with micronutrients. **Radishes:** all standard types do very well, however ‘specialty’ radishes may have very specific seasonal planting needs; some are only suitable for fall or early spring planting. Consult the catalog.
- 2. Brassica (Cole) Family: Broccoli, Cauliflower, Kale, Kohlrabi, Brussels sprouts. Broccoli:** ‘Belstar’ is cold hardy, a large first head, produces many side shoots. ‘Arcadia’ and ‘Marathon’ are winter cold hardy varieties. Transplants don’t like to be cold, plant after last frost. **Cabbage:** ‘Alcosa’, ‘Caraflex’, ‘Farao’ (green) and ‘Ruby Perfection’ or ‘Red Express’. **Cauliflower:** ‘Snow Crown’ is early and almost ‘fool proof’, ‘Cheddar’ and ‘Graffiti’ are brightly colored. Cauliflower may not mature if plants are too large when transplanted or if temperature extremes occur. **Kale:** All grow well here! ‘Wild Garden’, ‘Toscano’, ‘Lacinato’, ‘Red Russian’ ‘Redbor’, are varieties to consider, mixes produce a nice variety. **Kohlrabi:** ‘Kolibri’ and ‘Gigante’. **Brussels Sprouts:** Should be planted in summer for fall harvest. Leaves need to be removed between sprouts and they are attractive to aphids. **All cole crops** must be monitored for aphids, slugs and cabbage worms (the larvae of white butterflies).
- 3. Lettuce and Greens:** Hundreds of lettuce varieties! Look for slow bolt and tip burn resistance. **Loose-leaf:** ‘Winter Density’, ‘Little Gem’, ‘Cherokee’, ‘Coastal Star’ ‘Concept’, ‘Teide’, ‘Green Star’ ‘Little Gem’, ‘Bambi’. **Butterheads:** ‘Metlot’, ‘Buttercrunch’, ‘Red Cross’. **Oakleaf:** ‘Panisse’, ‘Oscarde’ and ‘Rouxal’(J). Mesclun or baby leaf blends will give you a nice variety of textures and colors. **Spinach, endive frisee’ and es-carole** grow well in cool seasons. **Arugula, mustards and micro greens:** Most tend to bolt quickly, should be direct sown and replanted often for a constant supply. Many catalogs have ‘mesclun’ greens mixes, good choices for home gardeners. **Asian/Italian/exotic greens:** most are easy, some may be seasonal or need special circumstances for proper growth, consult catalogs. If you are growing close to the ocean or in a windy location a cloche will provide protection to produce tender greens.
- 4. Onions, leeks and shallots:** Green and bulb onions, shallots and leeks, all are **best started from seed** to avoid diseases and all do well. **Green onions/scallions** are specialized, will never make a bulb. **Full size onions:** ‘Expression’, ‘Candy’, ‘Sierra Blanca’, ‘Red Wing’, ‘Exhibition’, ‘Ailsa Craig’. **Shallots:** ‘Conservor’(N, J), ‘Ambition’(N). **Leeks:** ‘Lincoln’(N), ‘Megaton’(J), ‘King Richard’ ‘Lancelot’.
- 5. Potatoes:** All do very well in this climate; a few proven varieties follow. **Fingerlings:** ‘French’, ‘Rose Finn Apple’, ‘LaRatte’, ‘Blossom’. **Standard yellow flesh:** ‘Yukon Gold’, ‘Yukon Gem’, ‘German Butterball’, ‘Yellow Finn’. **Blue flesh:** ‘Purple Majesty’, ‘All Blue’. **White flesh:** ‘Purple Viking’, ‘Red LaSoda’, ‘Red Norland’, ‘Kennebec’, ‘Red Pontiac’. Seed potatoes are available @ farm/garden stores in March. If it is past mid April try catalog vendors, one is listed below.
- 6. Peas:** ‘Oregon Sugar Pod II’, ‘Oregon Giant’, ‘Cascadia’, ‘Oregon Trail’, all developed at OSU to be disease resistant, and ‘Sugar Daddy’. © These are all bush varieties, they will stand up to wind better than tall vine types.
- 7. Green Beans: Bush:** ‘Jade’, ‘Derby’, ‘Oregon 54’, ‘Maxibel’(green), ‘Soleil’ and ‘Rocdor’(yellow), ‘Jumbo’ (Italian flat). **Pole Beans:** These must be trellised, they don’t stand up well to wind but take less space and are more productive. Varieties to consider are: ‘Fortex’, ‘Helda’, (Italian flat). Bean seeds **need warm soil** to germinate, are easy to start inside in pots and transplant carefully outside after last frost. **Dark bean seeds germinate better in cool soil.**
- 8. Summer Squash** grows very well, two plants will improve the pollination of fruit that is required for success. **Coastal favorite:** ‘Sure Thing Hybrid’ zucchini (B) produces fruits even when there are no bees and no male flowers! **Zucchini:** ‘Gadzukes!’ (B), ‘Cocozelle’ (N), ‘Fordhook’, ‘Cupcake’, ‘Gold Rush’. **Yellow crookneck:** ‘Horn of Plenty’, ‘Summerpac’. **Scallop:** ‘Sunburst’, ‘Peter Pan’.

Winter squash and pumpkins: These require a long season, good pollination and some warmth to mature,. Choose the shortest maturing varieties for coastal areas; most do well inland, choose under 90 days. ‘Honey Bear’ acorn does well close to the ocean if it is protected, ‘Sunshine’ is a beautiful very sweet orange squash good inland.

9. **Cucumbers:** Pickling, lemon, standard slicing and seedless types, **all will grow better with protection.** Cucumber plants like to be warm and seeds require very warm soil to germinate. **The following proven varieties, require NO pollination:** ‘Sweet Success’(TT), ‘Diva’, ‘Cool Breeze’(TT, P), ‘Agnes’(N). **Greenhouse and Seedless English varieties:** ‘Pepinex’(TK), ‘Socrates’ (J), ‘Tasty Jade’ are all good. Unless it is stated that they set fruit with no pollination, common cucumbers require pollination by bees or insects.

10. **Tomatoes:** There are literally 1000s of varieties of tomatoes. A few guidelines will help **YOU** choose what is right for your circumstances. All tomatoes will do best with protection even in the east county, choose the sunniest spot available. Cherry and grape types are likely to ripen earlier. For the cloche choose **Determinate (DET)**, or dwarf varieties; they will stay shorter. Most tomatoes will do well in a greenhouse with good ventilation. **Indeterminate (IND)** tomato plants can get quite tall and should be staked or caged, large fruited ‘heirlooms’ may not ripen in this climate. Always choose the earliest varieties. When growing tomatoes in pots, be sure the container is large enough to support a large plant. **All tomatoes require good nutrition and a constant supply of water to prevent ‘blossom end rot’.** See ‘Our Favorite Tomato Varieties’ handout for specific types and variety names.

11. **Odds, ends and slightly ‘fussy’ vegetables: Celery;** grows very well, it requires high N, and lots of water. ‘Tango’, ‘Utah 52-70’. Protect from slugs! **Bulb Fennel:** ‘Orion’ is easy to grow and quick to produce nice large bulbs. No major problems. **Corn** requires a long warm season, can be grown inland if you choose early varieties of 75-80 days or less. **Peppers** require the same general conditions as tomatoes, but need **heat** and must have protection. Hot peppers usually do better than sweet peppers. They are all attractive to aphids and slugs. **Tomatillos** have similar needs as tomatoes with a big, sprawling growth habit so need lots of space. **Eggplant** is difficult to grow in the maritime climate, it requires more heat than peppers.

12. **Perennial Vegetables: Artichokes:** They like our climate, but they need lots of space, sun, well-drained soil, and must be mulched during the winter. Artichokes don’t like cold wet roots and may not survive cold winters unless very well drained and mulched. They are very attractive to aphids and a good place for earwigs to hide. You will need to be vigilant to keep these pests at bay. Artichoke variety ‘Imperial Star’ will produce chokes the first season.

Asparagus: Long lived perennial, spreads outwards and needs space. **VERY attractive to slugs. MUST be protected before spears emerge,** use slug bait or copper strips. Asparagus can be grown from crowns available in the spring or from seed, either way they will take 2-3 years before becoming large enough to eat. You can cut them for approximately six weeks, then leave the spears to grow out and store energy for the following years’ crop. Both crops require substantial nutrition and water. **Jerusalem Artichoke** or ‘sunchoke’ is actually a tuber that grows underground from roots of a perennial sunflower native to eastern North America. Easy to grow, plant grows 5’-9’ tall and can be very invasive. Grow this in a large container or space where you don’t care if it spreads. Harvest the tubers in fall. It also produces small 3” yellow sunflowers nice for cutting.

Some catalog resources, all have websites. If you know what you want you can search the web using a specific variety name to find a vendor.

Nichol’s Garden Nursery, (N) Local in Albany, OR. Many varieties of peas, beans and corn are available **in bulk** at Nichol’s as well as cover crops, unusual **herb plants** and seeds, seasonings and teas.

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| Johnny’s Selected Seeds (J) | Parl’s Seeds (P) | Totally Tomatoes (TT) |
| Burpees Seeds (B) | | Tomato Growers (TG) |

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