

# Thoreau Farm Kitchen Garden Guide, 2014

"Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders." Henry David Thoreau

Though the plant varieties grown here are all pre-1878, this is not an “historic” garden. We use 21<sup>st</sup> century sustainable, nutrient dense gardening methods – some of which are contemporary to 1878, and some that are either much older or totally modern. All varieties have additionally been chosen for one or more of the following criteria: historic connection to this farm, local or regional connection, particularly high in nutritional, productivity or flavor value, exceptional beauty, benefits to the soil and garden health, pollinator support, and/or medicinal value. All are open-pollinated, and each requires a low-intensity effort to grow.

#	Variety	NOTES (“Ark” = boarded on Slow Food Ark of Taste)
1	Blue Coco Bean	A pre-1775 French heirloom named for its chocolate seeds and bluish-purple pods. Rare and unusual. Sweet tasting raw. Fabulous variety. Pole bean.
2	Christmas Lima Bean	Pole bean. Heavy yields, chestnut flavor. Dates back to the 1840s. Gorgeous quarter-sized beans. Ark.
3	Hyacinth Bean “Moonshadow”	“Lablab”. Grown by Jefferson at Monticello. Huge plant. Young pods are delicious and plentiful; older pods and mature beans may be poisonous. Beautiful with purple pods, blossoms and stems.
4	Taylor Dwarf Horticultural Bean	Bush habit. Also known as Speckled Bays, October, Cranberry and Borlotti, this pre-1800 heirloom bush shell bean produces cream-colored pods early. Ark.
5	Cherokee Trail of Tears Bean	Memorializes forced relocation of Cherokee Indians in the mid-19th cen; they carried this bean throughout this infamous walk, a death march for 1000s. For snap or dried beans. Beautiful shiny black beans. Pole bean.
6	Blue Honeywort	Self-sowning and easy to grow, this plant – like all blue-flower plants – are bee attractants.
7	Bull’s Blood Beet	1840 heirloom. Beautiful very dark red leaves.
8	Golden Beet	Dates back to the 1820's or earlier. A rich, golden-yellow and very sweet. Won't bleed like red beets.
9	Early Wonder Beet	Pre-1811, quick-growing beet grown for both its bulb and its copious, tender greens.
10	Early Jersey Wakefield Cabbage	First grown in the U.S. in Jersey City in 1840. Early variety, produces conical, solid, tightly folded heads small heads excellent for small gardens. Will overwinter. Compact, and delicious.
11	Persian Zinnia	Native from the US southwest to all of South America. 18 <sup>th</sup> cen European introduction; returns to North American much more showy. This variety is the oldest extant.
12	Danvers Carrot	Refinement of the “Half-Long” developed by Danvers, MA market gardeners in 1871.
13	Safflower	Safflower was used to color the cotton strips of legal documents -- hence the term "red tape!" Supports bees.
14	Bloody Butcher	This dent-type corn has been grown in the United States since at least 1845. Roasting/frying when young; cornmeal, and flour corn when mature. Beautiful red kernels, red/pink cob.
15	Stowell’s Evergreen Sweet Corn	Bred by Nathaniel Newman Stowell, b. 1793, New Ipswich, MA. Sold 2 ears for \$4 to friend for private use only. "Friend" sold \$20,000; introduced to the seed trade in 1848. Sweet corn. Complaints seen in cir. 1853 issue of <i>New England Farmer</i> that variety was over-hyped given its actual performance.
16	Early Russian Cucumber	Offered by 1850. Very early, 3-6” long fruit. Prolific, season-long producer.
17	Black Hollyhock	Grown by Jefferson in Monticello. Attracts pollinators and other beneficial insects. Herbal. Biennial.
18	Gloriosa Daisy	<i>Rudbeckia gloriosa</i> , bred from wild <i>Rudbeckia hirta</i> . An old-fashioned flower now out of favor, but absolutely delightful. Perennial. Attracts pollinators. Self sowing now in the TF garden.
19	Fig Leafed Hollyhock	AKA: Russian Hollyhock. Resistant to the rust endemic to many soils – including ours; vigorous. In Europe in late 1500’s. 5-10' upright spikes of large single flowers in shades of yellow, copper, pink, red & white.
20	Historic Pansies Mix	No original pansy introduced in the 1800s by Vilmorin Company (Paris) still exist by their true names. Seedsman Kees Sahin keeps a collection of 13,000 violas in the Netherlands. Through knowledge of historic varieties, he selected a mixture closely resembling those grown 150 years ago. Biennial. Self sowing here.
21	Johnny Jump-up	Jefferson planted by 1767. Ancient flower. Edible. Beautiful. Medicinal. Attracts early season pollinators. “Heartsease”. Biennial. Self sowing now in the TF garden.
22	Single-Petal Marigold	Marigolds were introduced to Europe from the Americas in the 1500’s. This type of single-petaled flower is likely what returned here with early settlers. Known as a pest repellent. Edible flowers.
23	Lavender	Ancient herb used by the Romans, Egyptians, Phoenicians, and throughout Arabia. Called “spikenard” in the bible. Aromatic, culinary, medicinal.
24	Sunflower	Varied heirloom strains. Attracts pollinators & insect- and seed-eating birds.
25	Nasturtium	First introduced to Europe in the 16th century from Peru. Thomas Jefferson planted them in his vegetable garden at Monticello from at least 1774 onward. Edible. Medicinal. Attracts pollinators. Companion plant.
26	Resina Calendula	Calendula are common in kitchen gardens for medicinal purposes; this variety has the highest medicinal value of calendulas grown. Attracts pollinators. Can tolerate part shade. Self sowing now in the TF garden.
27	Ziar Breadseed Poppy	Specific variety bred for seed collection. A more modern, open pollinated variety of an ancient plant. Beautiful flowers. Attracts pollinators and other beneficial insects.
28	Aunt Molly’s Ground Cherry	Dates to at least 1837 when first recorded in Pennsylvania. Sprawling habit. Use in preserves, pies, sauces or fruit salads and dried. Self sowing now in the TF garden and quite possibly a pest. Ark.
29	“Thoreau Farm” Rhubarb	Plants found on this farm. Perennial. Enormous leaves, prolific producer of stems.

30	Red Leaf Amaranth	AKA: Callaloo or Tampala. Ancient plant of the Americas. Very nutritious, delicious, beautiful. Highly prized as greens. Used in the Caribbean dish of the same name (other unrelated plants also used for Callaloo). Interweaves with of African slavery diaspora history.
31	Arugula	Ancient herb – Greek, Roman, Biblical. AKA: “Rocket”. Self-seeding and hardy. 40-45 days.
32	“Perpetual” Chard	Chard goes back at least to the ancient Greeks as a food and medicine. Same genus and species as beets, but without a bulb.
33	Georgia Southern Collards	Introduced before 1880; also known as "Creole" and "Georgia Green" Collards. 60 days. Young leaves can be eaten raw. May winter over.
34	Red Russian Kale	Brought to North American via Siberia by Russian traders in the late 19th century. Highly frost resistant and beautiful. Often winters over.
35	Blood Sorrel	Ancient wild Eurasian strain. Exceptional beauty. Companion plant. Perennial.
36	Borage	Ancient herb. Medicinal, culinary. Attracts pollinators. Companion plant. Tolerates a little shade.
37	Cutting celery	Ancient herb. Very strong celery taste; use leaves only; does not grow thick, juicy stalks.
38	Chervil	Ancient culinary herb with a licorice flavor.
39	Comfrey	Ancient herb with long medicinal use, though now out of favor. Will be cut & added to our compost to increase its value to our garden plants. Attracts pollinators.
40	Dill	Ancient herb: Romans, Greeks, Egyptians cultivated it. Companion plant.
41	Parsley	Ancient herb. Medicinal. Companion plant. Culinary. Can tolerate part shade.
42	Sweet Basil	Ancient herb and companion plant; mentioned by Fearing Burr in 1863.
43	Sage	Ancient herb. Companion plant. Medicinal. Culinary. Half-hardy perennial.
44	Summer Savory	Aromatic, culinary, companion, medicinal ancient annual herb.
45	Roman Chamomile	Aromatic, medicinal and culinary perennial herb.
46	Thyme	Ancient herb. Companion plant. Medicinal. Culinary. Perennial.
47	Valarian	Ancient nervine herb. Perennial.
48	Egyptian Walking Onion	1850s perennial top-set onions; reproduces by falling over and allowing the baby bulbs on top to root. Hardy.
49	Giant Mussleberg Leek	Old Scottish heirloom dating to at least the early 1800s. Huge leek. Companion plant. High calorie crop/acre.
50	Painted Sage	This multi-colored flowering perennial is culinary, medicinal and a bee supporter.
51	Milano Turnip	Widely used since before 1880 for both bulbs and green tops. 35-40 days.
52	Bullnose Pepper	Grown by T. Jefferson at Monticello; listed by Fearing Burr, 1863. Ark.
53	Cayenne Pepper	Introduced to the US in 1827. Medicinal and culinary use.
54	Winter Savory	Semi-evergreen aromatic, culinary, companion, medicinal ancient perennial herb.
55	Sea Kale	This perennial kale is grown for its spring buds and shoots, which when blanched, are the edible parts.
56	Purple Vienna Kohlrabi	Grown for its leaves and above ground bulbs. A pre-1860 variety.
57	Canada Crookneck Squash (winter)	Sweet ancestor to the modern Butternut. Mentioned by Fearing Burr, Thoreau. Now on the verge of extinction; once among the most popular squashes in New England and Canada. Ark.
58	Early White Scallop Bush Squash (summer)	“Custard White Squash.” In the US as early as 1722; thought to be grown by Native Americans for hundreds of years prior. May have gone back as far as 1591 in Europe under the names "Symnel" or "Cymling Squash".
59	Forellenschluss Lettuce	This old variety was bred in Germany. AKA: Freckles or Trout Back.
60	Rue	Hardy, ancient medicinal and culinary herb. Bitter and unpleasantly aromatic. Can cause dermatitis from contact followed by sun exposure.
61	Small Sugar Pumpkin	New England Pie Pumpkin; ripening continues during curing. Described by Fearing Burr in 1863. Stringless, thick sweet flesh. Grows 5-8 pounds. ( <i>C. pepo</i> )
62	Amish Paste Tomato	Considered truly superior paste tomato growing many large fruit. Prior to 1870’s. US Ark of Taste.
63	Costaluto Genovese Tomato	Beautiful, delicious, 6-8 oz, fluted red tomato with an old lineage. Great for fresh eating or cooking.
64	Lemon Balm	Ancient herb. Grown in Monticello. Companion Plant. Medicinal. Can tolerate part shade. Perennial. Becoming an occasional pest in the TF garden.
65	Hyssop	This ancient perennial biblical herb is aromatic, medicinal and supports pollinators.
66	Anise Hyssop	Native American medicinal plant. Aromatic, pollinator plant.
67	Horehound	An ancient medicinal plant. Bitter, perennial, it is a member of the mint family.
68	Rose Campion	Aka: Maltese Cross. Hardy, short-lived perennial. Leaves used as lamp wicks and to stuff herbal pillows. Medicinal; do not self administer
69	Yellow Crookneck Squash	Probably grown by Native Americans before European settlement. Dates to at least 1700. ( <i>C. pepo</i> )
70	True Red Cranberry Bean	Likely pre-Colonial native American pole bean that is our most fussy plant to grow. US Ark of Taste.
71	Naked Oats	Grown here for medicinal use. The “naked” referring to the less-difficult-to-remove hull.
72	Catnip	Medicinal herb for humans. Plus it drives some kitties wild!
73	Cour di Bue Cabbage	Very popular mid-19 <sup>th</sup> century Italian small pointy-headed cabbage. Name means “ox heart”.