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# HEIRLOOM HERB & VEGETABLE GARDENS

## HERB BED

### 1. Rose-of-Sharon (*Hibiscus syriacus*)

**Origin:** East Asia

**Introduction:** Prior to 1600 in England.

**Comments:** Used for ornamental purposes; Jefferson grew it at Monticello.

### 2. Rosemary (*Rosmarinus officinalis* 'Arp')

**Origin:** Mediterranean

**Introduction:** Mid-17th Century

**Comments:** A culinary and medicinal herb from Classical Antiquity. The oils in rosemary stimulate the skin's circulation, ensuring that tissues are well supplied with nutrients and cleansed of waste products. It is particularly good for the scalp and hair.

### 3. 'Provence' Lavender (*Lavandula x intermedia*)

**Origin:** Mediterranean; the Romans carried it into Europe and England

**Introduction:** Mid-17th Century

**Comments:** The words lavender, lavendula, and launder are all derived from the Latin lavare, meaning "to wash." Traditionally, laundry was rinsed in lavender-scented water, and in Elizabethan times a washer woman was known as a "lavender." The leaves, stems, buds, and flowers all contain essential oils. All parts of the plant can be used fresh, dried, or distilled.

### 4. Sage (*Salvia officinalis*)

**Origin:** Mediterranean

**Introduction:** Mid-17th Century

**Comments:** From Classical Antiquity used to flavor food, often masking the smell and taste of the food itself. Herbalists and apothecaries used it for a variety of nostrums. Common sage contains volatile oils that are strongly antiseptic, anti-inflammatory, and anti-microbial.

### 5. Chives (*Allium schoenoprasum*)

**Origin:** Chives grow wild in Europe, Asia, and North America.

**Introduction:** Mid-17th Century

**Comments:** In colonial gardens, chives were grown more for medicinal than culinary purposes.

## 6. Catmint (*Nepeta x faassenii*)

**Origin:** Southern Europe

**Introduction:** Early 17th Century

**Comments:** Used as a strewing herb, the leaves and stems of nepeta were thrown on the floor and used to cover rubbish and mask the stench of 16th, 17th, and 18th century households.

## 7. Blackberry Lily (*Belamcanda chinensis*)

**Origin:** India, China, and eastern Siberia

**Introduction:** Jesuit missionaries in China sent seeds to Europe in the 1730s; it was grown in English gardens by 1759.

**Comments:** The Chinese have long used blackberry lily as a medicinal plant. Leaves and roots are used to treat coughs, sore throats, and bronchitis; the roots are toxic. Blackberry lily was first mentioned in the *Shen Nong Ben Cao Jing*, an ancient herbal that dates from 25-220 A.D. Jefferson grew it as an ornamental at Monticello as early as 1807.

## 8. Purple Hyacinth Bean (*Dolichos lablab*)

**Origin:** Equatorial Africa

**Introduction:** Prior to 1802

**Comments:** A tender perennial vine with purple flowers and pods sold by nurserymen early in the 19th century. Jefferson grew it at Monticello prior to 1802. Seeds are poisonous and may not be eaten unless boiled first.

## 9. Woad (*Isatis tinctoria*)

**Origin:** Southeastern Europe

**Introduction:** Mid-17th Century

**Comments:** The Romans began extracting a natural blue dye from its leaves. This blue tint was also used as body paint by the Celts of Britain. Yellow flowers appear in May. Woad can grow to five feet.

## 10. 'Gobbo Di Nizzia' Cardoon (*Cynara cardunculus*)

**Origin:** Mediterranean

**Introduction:** Cultivated by the Romans and introduced to England in 1548.

**Comments:** The cardoon was popular in Greek and Roman cuisine, remained popular in medieval and early modern Europe, and was commonly grown in the vegetable gardens of colonial America. Jefferson grew cardoon at Monticello in 1790. Cardoon is closely related to the artichoke (*Cynara cardunculus* var. *scolymus*).

## 11. Love-Lies-Bleeding (*Amaranthus caudatus*)

**Origin:** Asia Minor

**Introduction:** Grown in medieval England

**Comments:** Pendant red or purple inflorescences were used in making bowers and wreaths.

## 12. Lungwort 'Trevi Fountain' (*Pulmonaria saccharata*)

**Origin:** Italy and France

**Introduction:** Early 15th Century

**Comments:** In the 15th, 16th, and 17th centuries, lungwort was an example of the "Doctrine of Signatures," a medical philosophy practiced by herbalists and physicians of the time which held that the outward appearance of plants suggested its healing properties. Thus, the spotted leaf of lungwort, which resembled a diseased lung, was an obvious cure for ailments of that organ.

## 13. Borage (*Borago officinalis*)

**Origin:** Mediterranean

**Introduction:** Classical Antiquity

**Comments:** An annual long used as a pot herb and in salads. The flowers are also edible. Medicinal uses were for the relief of stomach distress and as a curative for local inflammation.

#### 14. Cardinal Flower (*Lobelia cardinalis*)

**Origin:** Eastern North America

**Introduction:** Pre-Columbian

**Comments:** The tubular scarlet flowers are pollinated by hummingbirds. North American Natives, and later settlers, used the Cardinal Flower, along with Great Blue Lobelia (*L. siphilitica*) to treat syphilis, fevers, stomach complaints, coughs, and hard-to-heal sores. A short-lived perennial that propagates itself by self-sowing.

#### 15. Cockscomb (*Celosia argenta var. cristata*)

**Origin:** Tropical Asia

**Introduction:** Three forms were introduced into England in 1570.

**Comments:** In China, the plants are known as chi kuan, or cock's comb. It was grown by George Washington at Mount Vernon and at Monticello by Thomas Jefferson, who noted in his Garden Book in 1767 that it was a "handsome plant" but quite a "curiosity."

#### 16. Henna (*Lawsonia inermis*)

**Origin:** Middle Eastern

**Introduction:** 3200 years B.C.

**Comments:** Powdered henna leaves were used to color skin and nails, and to dye and condition hair as long ago as 3200 B.C. Widely practiced in India, Africa, and the Middle East.

#### 17. Maximilian Sunflower (*Helianthus maximiliani*)

**Origin:** Native

**Introduction:** Pre-Columbian

**Comments:** Perennial. Spreads rapidly; divide plants every third year.

#### 18. Blue Flag Iris (*Iris versicolor*)

**Origin:** Eastern North America

**Introduction:** Pre-Columbian

**Comments:** Roots are a potent remedy in dropsy; scrofula; affections of the liver, spleen, and kidneys; and secondary syphilis.

#### 19. Cuban Oregano (*Plectranthus amboinicus*)

**Origin:** India and East Africa

**Introduction:** 17th Century

**Comments:** A powerful aroma of menthol or camphor. Today it is most popular in warm, humid countries that are anathema to Mediterranean herbs such as thyme and oregano. May be used in poultry, fish, and meat dishes.

#### 20. Purple Basil (*Ocimum basilicum var. purpurascens*)

**Origin:** Tropical West Asian and East Africa

**Introduction:** 1930s

**Comments:** Annual. Widely cultivated for its clove-scented leaves. In different cultures, some types are used medicinally to treat stomach complaints and in the household to repel insects. The essential oil is used for the perfume industry. Purple basil, a natural variant of the common or sweet green basil (*O. basilicum*) has been selected and cultivated for its appearance and flavor. Common sweet basil was grown in North America by 1775, when it was advertised for sale in the *Virginia Gazette*. Purple basil has been grown in the U.S. since the 1930s.

# NATIVE BED

## 21. 'Cherokee White Eagle' Corn (*Zea mays*)

**Origin:** Central valleys of Mexico around 2500 B.C.

**Introduction:** Pre-Columbian

**Comments:** White and blue kernels. Developed by the Cherokee peoples of the Southeast.

## 22. 'Bloody Butcher' Corn (*Zea mays*)

**Origin:** Central valleys of Mexico around 2500 B.C.

**Introduction:** 19th Century

**Comments:** Red kernels. "Bloody Butcher" was developed in Virginia in 1845.

## 23. 'Patty Pan' Squash (*Cucurbita pepo*) 'Early White Bush Scallop' or 'Cyclings'

**Origin:** Eastern North America

**Introduction:** Prior to 1722

**Comments:** The word "squash" is apparently derived from the Algonquin "askoot asquash," meaning "eaten green."

## 24. 'Seminole' Pumpkin (*Cucurbita moschata*)

**Origin:** Florida peninsula

**Introduction:** Spanish exploration of Florida in the 16th Century

**Comments:** Pumpkins and squash were grown as part of the indispensable "Three Sisters" of corn, beans, and squash grown by native peoples throughout the Americas. The combination provided calories, proteins, and balanced nutrition as did the plants themselves in combination provide necessary nutrients for continued soil fertility.

## 25. 'Worcester Indian Red' Pole Lima Bean (*Phaseolus lunatas*)

**Origin:** Eastern North American

**Introduction:** Pre-Columbian

**Comments:** Originally ground into flour, or served with red corn.

## 26. 'Cornfield' Pole Snap Bean (*Phaseolus vulgaris*)

**Origin:** Eastern North America

**Introduction:** Pre-Columbian

**Comments:** One of the oldest beans cultivated by the Iroquois, who used it as a corn soup bean and a bread bean. In the Cayuga Iroquois dialect, its name means "wampum bean." Shade tolerant and the best variety for growing with corn.

## 27. Groundcherry (*Physalis pruinosa*)

**Origin:** Eastern North America

**Introduction:** Pre-Columbian

**Comments:** Most parts of the plant are toxic to humans. The safe culinary rule with all ground cherries is to harvest them ripe, and that means when the husks fall off the plants. Used to make jellies, jams, and pies.

## 28. 'Cherokee Trail of Tears' Bean (*Phaseolus vulgaris*)

**Origin:** Tennessee

**Introduction:** 1839

**Comments:** This heirloom was brought from Tennessee by the Cherokee people as they were marched to Oklahoma territory by the Federal Government in 1839 over the infamous "Trail of Tears."

**29. 'Connecticut Field' Pumpkin (*Cucurbita pepo*)**

**Origin:** Eastern North America

**Introduction:** Prior to 1700

**Comments:** Early adoption from English farmers.

**30. 'Summer Crookneck' Squash (*Cucurbita pepo*)**

**Origin:** Eastern North America

**Introduction:** Pre-Columbian

**Comments:** The only squash that can be traced directly to the Lenape peoples who once inhabited the Delaware Valley. The skin surface is heavily warted.

**31. 'Pungo Creek' Corn (*Zea mays*)**

**Origin:** (see 'Bloody Butcher' Corn)

**Introduction:** 1855

**Comments:** Eastern Shore heirloom from Bill Savage on Pungo Creek, Va.

**32. Jerusalem Artichoke (*Helianthus tuberosus*)**

**Origin:** Eastern North America

**Introduction:** Pre-Columbian

**Comments:** In her *American Cookery* (1796), Amelia Simmons made this observation: "The Jerusalem is best, are cultivated like potatoes, (tho' their stocks grow 7 feet high) and may be preserved like the Turnip Radish, or pickled—they, like Horse Radish, once in the garden, can scarcely be totally eradicated."

**33. 'Arikara Yellow' Bean (*Phaseolus vulgaris*)**

**Origin:** Central North America

**Introduction:** Pre-Columbian

**Comments:** Originally from the Arikara Nation of the Dakotas and identified by the Lewis and Clark expedition and grown by Thomas Jefferson at Monticello.

**34. 'Sehsapsing Delaware Black' Corn (*Zea mays*)**

**Origin:** Eastern Chesapeake Bay Shore

**Introduction:** Pre-Columbian

**Comments:** Sehsapsing produces 6 to 8 foot plants, with 1 to 2 cobs low on the stalks. Each ear is 7 to 8 inches in length with 8 rows per cob. This was a classic ceremonial corn of the Lenape/Delaware peoples recorded as early as the 1640s. When young in the milk stage, the corn was eaten raw as sweet corn or roasted to caramelize it for winter dishes. In the mature state it makes extraordinary corn meal for grits. Swedish geographer-engineer Peter Lindstrom noted during his visit to the Delaware Valley in 1654–1656 that the Lenape peoples raised a black corn. The nubbins of Sehsapsing were also picked in vinegar by early American cooks. According to Dr. James Mease in a notice in the *Gardener's Magazine* (1830, 483), the ears were fit for pickling "when the size of the middle finger."

**35. 'Scarlet Runner' Bean (*Phaseolus coccineus*)**

**Origin:** The Spaniards were the first to see Runner Beans in the New World and the first to introduce them into Europe. Runner Beans are known to have been introduced into England in 1633 by John Tradescant the Elder, gardener to Charles I.

**Introduction:** 1633

**Comments:** Their culinary merits were not noticed in England until the 1750s.

**36. 'Lakota' Winter Squash (*Cucurbita maxima*)**

**Origin:** Great Plain Central North America

**Introduction:** Pre-Columbian

**Comments:** Rediscovered in 2000. A 5–7lb. variety from an old Lakota Sioux heirloom.

# 17TH CENTURY BED

## 41. 'Ragged Jack' Mustard Greens (*Brassica oleracea*)

**Origin:** Western Europe

**Introduction:** Prior to 1740

**Comments:** Can be sown late in the season due to its cold hardiness, and has been grown in the upland South since at least 1740. Often sown with tobacco in beds to deter pests from the mustard greens.

## 42. 'Spotted Aleppo' Lettuce (*Lactuca sativa*)

**Origin:** Middle East; what is now Syria

**Introduction:** By way of Western Europe in the 1700s

**Comments:** This 18th Century Romaine lettuce was sold by Philadelphia seed merchant Bernard McMahon in 1804. The leaves are speckled with a bright reddish-brown variegation that is highly ornamental. "Spotted Aleppo" is best sown in early spring, or in late summer for fall and winter harvest.

## 43. 'Dutch' Corn Salad (*Valerianella locusta*)

**Origin:** Western Europe and England

**Introduction:** Early Colonial Period

**Comments:** A green gathered from the fields—specifically from wheat fields, for in England wheat and all other grains are called "corn." Corn salad appeared early in colonial kitchen gardens as a "salat" green.

## 44. 'Whippoorwill' Cow Pea (*Vigna unguiculata*)

**Origin:** Bantu-speaking peoples

**Introduction:** By way of the slave trade in the 17th Century of the Niger River Basin, West Africa

**Comments:** Most of the varieties appear to have been introduced from the Caribbean or from Brazil. Jefferson grew a French variety of cow pea in 1774 that he referred to as "black-eyed peas."

## 45. Orach (*Atriplex hortensis*)

**Origin:** Eurasia

**Introduction:** Medieval England, known in Europe since the late Mesolithic.

**Comments:** Used for warm weather salading. Leaves come in a variety of colors and textures, and it can be used like spinach, chard, or stuffed like cabbage leaves.

## 46. Nasturtium (*Tropaeolum majus* 'Jewel Mixed')

**Origin:** Peru

**Introduction:** By Dutch botanist Hieronymus van Beverningk in 1684

**Comments:** The orange-flowered cultivar was most popular in Colonial America as a salad ingredient, although there were also yellow and crimson varieties.

## 47. Egyptian Walking Onion (*Allium cepa proliferum*)

**Origin:** North Africa

**Introduction:** 17th Century

**Comments:** A perennial that produces harvestable onions at the tip of the stalk. If left to its own devices, it will "walk" across a field.

**48. 'Bull Nose' Pepper (*Capsicum annuum* var. *annuum*)**

**Origin:** The pepper was first domesticated

**Introduction:** Prior to 1700  
in the central valleys of Mexico about 2,500 B.C.

**Comments:** Sweet pepper. Peppers may have been brought into North America by coastal traders or slaves born in the West Indies. Travelers described Jamaican natives pickling bell-shaped peppers in the 1600s. Jefferson grew various forms of bell, bullnose, sweet, and cayenne peppers, as well as Texas Bird peppers sowing pepper seeds at Shadwell in 1767. Philadelphia still-life painter Raphaele Peale painted a group of Bull Nose peppers about 1814.

**49. 'Mayflower' Bean (*Phaseolus vulgaris*)**

**Origin:** England

**Introduction:** 1620

**Comments:** Said to have come to colonial population with the Pilgrims in 1620. This pole bean has great flavor and red/white beans.

**50. 'Haricot Rouge Du Burkina-Faso' Cowpea (*Vigna unguiculata*)**

**Origin:** Burkina-Faso, West Africa

**Introduction:** 17th Century

**Comments:** Deep red seeds.

**51. 'Black Spanish Round' Radish (*Raphanus sativus*)**

**Origin:** North China by way to the Iberian Peninsula

**Introduction:** Prior to 1824

**Comments:** The Shakers packaged this seed for sale. This variety should be sown in late July for winter use.

**52. Strawberry Spinach (*Chenopodium capitatum*)**

**Origin:** Europe

**Introduction:** Medieval

**Comments:** Cooking and salading. This curious plant produces greens that are picked and cooked like spinach, but it also produces red berries that are bland in flavor. These add a nice touch to fruit salads. Similar to Lamb's Quarters. Found in a monastery garden.

**53. 'Blue-Podded Capucijner' Pea (*Pisum sativum*)**

**Origin:** Holland

**Introduction:** 1683

**Comments:** Was sent to the Pennsylvania Dutch by Mennonites in Holland as early as 1683. Peas are among the oldest of our garden vegetables. They have been under cultivation in the Near East and Mediterranean since 7800 BC. Amelia Simmons, in her *American Cookery* (1796), mentioned a number of peas which are seldom seen today, even among seed savers. Historically, the taller sorts of peas were grown on devices called "pea sticks."

**54. 'Carlin' Peas (*Pisum sativum*)**

**Origin:** England

**Introduction:** 1630s

**Comments:** One of the oldest surviving strains of peas in England dating from the Elizabethan period. The pea takes its name from Carling or Carling Sunday, a medieval feast day still observed in Northeastern England. The name derives from Old English Care or Carle Sunday, the second Sunday before Easter. On this day, a dole was given to the poor in form of peas, a custom recorded in England as early as the 12th century.

**55. 'Risser Sickle' Pea (*Pisum sativum*)**

**Origin:** England

**Introduction:** 17th Century

**Comments:** It has been preserved by the Landis Valley Heirloom Seed Project in Lancaster County, Pennsylvania.

**56. 'Cheese' Pumpkin (*Cucurbita moschata*)**

**Origin:** Jamaica

**Introduction:** 17th Century

**Comments:** The Appoquinnamink Cheese pumpkin is bronze—grey, with blue—gray lines in the ribs. This is thought to be a 17th-century strain brought into Delaware Valley from Jamaica; all of these cheese pumpkins are thought to be of the West Indies origin. The name of this variety stems from its shape, which resembles an old wheel of cheese. Cheese pumpkins were a rural poverty food in the Middle Colonies; in the fall the cheese pumpkins were cooked down to a thick paste, often with watermelon juice, to preserve that was dark brown in color and some sweet, like un-sugared apple butter.

**57. 'Long Orange' Carrot (*Daucus carota*)**

**Origin:** Afghanistan

**Introduction:** 1629

**Comments:** White, yellow, and purple carrots native to Afghanistan were described by Greek and Roman authors but evolved from centuries into the smooth, bright orange carrot grown by Jefferson. Carrots were introduced into the American colonies with the first settlers and were a common colonial garden staple. Seeds were sold by Virginia seed dealers, including the standard variety, "Long Orange." Gardeners such as William Faris in Annapolis sowed 20 rows of carrot seed at end of onion beds in April and dug his carrots in March for consuming during the traditional "starving" season of early Spring.

**58. 'Black Spanish' Carrot (*Daucus carota subsp. sativus*)**

**Origin:** Andalusia, Spain, from North Africa  
in the 14th century after Afghanistan

**Introduction:** 17th Century

**Comments:** Often sliced extra thin, eaten raw, or baked into a stunning purple carrot cake; earthy and spicy as opposed to sweet.

# 18TH CENTURY BED

## 61. Joseph's Coat (*Amaranthus tricolor*)

**Origin:** Asia Minor

**Introduction:** Europe in the late 1500s

**Comments:** In 1575, Leonhard Rauwolf saw Joseph's Coat growing in the gardens of Turkish officials at Aleppo, in what is now Syria. In 1786, Jefferson included Joseph's Coat in a shipment of seeds from Paris to his wife's cousin, Francis Eppes. Joseph's Coat was a popular 18th Century salad ingredient.

## 62. 'Early Blood' Beet (*Beta vulgaris var. crassa*)

**Origin:** Colony of Maryland

**Introduction:** 18th Century

**Comments:** The leaves are black and the skin is violet red. Jefferson grew it at Monticello in the early 19th Century. It has a slight clove-like aroma and sweetness. Grown as animal fodder.

## 63. 'Southern Giant Curled' Mustard Greens (*Brassica juncea*)

**Origin:** Western Europe

**Introduction:** Developed prior to 1740.

**Comments:** The Landreth Seed Company of Philadelphia indicates that it was grown in the upland South since the 1740s. Used either as a salading or pot herb.

## 64. 'Bath Cos' Lettuce (*Lactuca sativa*)

**Origin:** An English variety of Romaine lettuce

**Introduction:** 18th Century

**Comments:** Lettuce was first cultivated by the Egyptians; some of the oldest images of lettuce date back to 2680 B.C. hieroglyphics.

## 65. 'Tennis Ball' Lettuce (*Lactuca sativa*)

**Origin:** England

**Introduction:** Prior to 1809

**Comments:** The parent of our modern Boston race of lettuces. Jefferson planted it prior to 1809 and noted in his *Garden Book* that "it does not require so much care and attention" as other types.

## 66. 'Cow Horn' Okra (*Abelmoschus esculentus*)

**Origin:** West Africa

**Introduction:** Early 18th Century

**Comments:** Introduced by way of the slave trade, "Cow Horn" is the oldest variety of okra grown in the United States.

## 67. 'Long Red Cayenne' Pepper (*Capsicum annuum var. longum*)

**Origin:** The pepper was first domesticated in the central valleys of Mexico about 2500 B.C.

**Introduction:** Prior to 1767

**Comments:** The Landreth Seed Company records indicate that 1,000 seeds were ordered by Josiah Collins to season the food of his slaves who had been brought directly from West Africa to North Carolina.

## 68. 'Costuluto Genovese' Tomato (*Lycopersicon lycopersicum*)

**Origin:** Italy

**Introduction:** Late 18th Century

**Comments:** An old Italian favorite. Fruit are flattened. A favorite of Thomas Jefferson, grown at Monticello as early as 1790.

### 69. Sesame (*Sesamum indicum*)

**Origin:** West Africa

**Introduction:** 1750s

**Comments:** Originally introduced to the American colonies in the mid-18th Century by way of the slave trade. Discouraged with his failure in cultivating olives at Monticello, Jefferson turned to sesame, a West African crop introduced by African slaves and easily cultivated in the Mid-Atlantic. His slaves used sesame as a grain to thicken stews and soups; Jefferson realized it's potential as an oilseed because sesame seeds contain about 50% oil. Although Jefferson grew sesame at Monticello from 1809 to 1824, he never developed a commercially profitable way of extracting the oil from the seeds.

### 70. 'West Indian Burr Gherkin' Cucumber (*Cucumis anguria*)

**Origin:** West Africa by way of Jamaica

**Introduction:** 1793

**Comments:** A small, prickly pickling cucumber, it was introduced by way of the slave trade to the Caribbean in the 17th century and into the colonies by Milton Collins of Richmond in 1793.

### 71. 'Amazon' Tomato (*Lycopersicon lycopersicum*)

**Origin:** Coastal Highlands of Western South America and Mesoamerica

**Introduction:** Europe by the 1540s and Colonial America prior to 1710

**Comments:** The wild tomato spread to Central America from the coastal highlands of western South America where the Mayans and other Mesoamerican peoples domesticated the plant and used the fruit in their cookery prior to the Spanish conquest. The Aztec word for tomato was Xitomatl and they used the tomato with chilies and ground squash seeds to make a sauce or salsa to be served with fish, lobsters, sardines, turkey, venison, and other meats.

The Spanish, in turn, introduced the tomato to the Caribbean and the Philippines. Tomatoes grew well in the Mediterranean climate of Spain and Italy. Tomatoes were used for culinary purposes in Seville by at least 1608, probably in a salad with cucumbers. Although tomatoes had been grown in Europe since the 1540s, they were not grown in England until the 1590s. John Gerard planted them in the College of Physicians Garden in London prior to the publication of his Herbal in 1597. William Salmon reported in 1710 that he had seen tomatoes growing in the Carolinas—the first reference to the tomato in British North America. The Spanish probably introduced the tomato into what is now Florida, Georgia, and the Carolinas from the Caribbean. Martha Logan in Charleston and John Bartram in Philadelphia were offering tomato seeds for sale by the mid-1700s.

In 1801, Dr. James Tilton found tomatoes growing in Maryland. William Booth sold tomato seeds in Baltimore in 1810. By 1817, tomatoes were grown in Chestertown. By 1830, tomato seeds were sold throughout the United States. By 1863, *Fearing Burr's Field and Garden Vegetables of America* listed 22 varieties being offered to the gardening public. See Andrew F. Smith, *The Tomato in America: Early History, Culture, and Cookery*. Champaign: University of Illinois Press, 2001.

### 72. 'Maynell' Tomato (*Lycopersicon lycopersicum*)

**Origin:** (See information in "Amazon" tomato history.)

**Introduction:** Pre-Columbian

**Comments:** Possible Native North America

### 73. 'White Seeded Brown Dutch' Lettuce (*Lactuca sativa*)

**Origin:** England

**Introduction:** Early 18th Century

**Comments:** Jefferson first planted "White Seeded Brown Dutch" in 1809; it was the most frequently planted of the 17 different lettuce cultivars documented in his vegetable garden. It was sown 27 times between 1809 and 1824, primarily in the fall for a winter harvest.

**74. 'Oak leaf' Lettuce (*Lactuca sativa*)**

**Origin:** France

**Introduction:** 1771

**Comments:** Cutting (loose leaf) lettuces were not popular in the United States until later in the 19th century. "Baltimore Oak Leaf" was reputed to be very hardy.

**75. 'Lacinato' Kale (*Brassica oleracea var. acephala*)**

**Origin:** Southern Europe (Tuscany)

**Introduction:** Early 1700s

**Comments:** A primitive, dark-leafed kale, "Lacinato" is derived from the same wild cabbage as broccoli, cauliflower, and collards. Thomas Jefferson planted Lacinato Kale at Monticello.

**76. 'Anne Arundel' Melon (*Cucumis melo var. reticulatus*)**

**Origin:** London Towne,  
Anne Arundel County, Maryland

**Introduction:** 1730s

**Comments:** Developed by Dr. Richard Hill (1698-1762) in the 1730s at his residence in London Towne, Anne Arundel County, Maryland.

**77. 'White' Eggplant (*Solanum melongena*)**

**Origin:** India

**Introduction:** Reached England in the 1500s

**Comments:** In 1575 Leonhard Rauwolf discovered eggplants while collecting botanical specimens in what is now Syria. The 1613 Hortus Eystettensis color plate 63 showed a magnificent eggplant bush loaded with fruits in various stages of ripeness. The eggplants Rauwolf saw in 1575 originated in India, but many centuries before that had spread to China and the Near East. They were introduced into Spain by the Arabs and from there into Italy.

**78. 'Cimmaron' Lettuce (*Lactuca sativa*)**

**Origin:** England

**Introduction:** 1700s

**Comments:** This Cos lettuce has a unique bronze-red color.

**79. 'Large Red' Tomato (*Lycopersicon lycopersicum*)**

**Origin:** (See "'Amazon' Tomato")

**Introduction:** Late 18th Century

**Comments:** Prior to the Civil War one of the most commonly grown and best documented tomato varieties in America. Listed in the 1843 New Lebanon, NY, Shaker catalog. In his 1866 *Garden Vegetables*, Fearing Burr wrote: "From the time of the introduction of the tomato to its general use in this country, the Large Red was almost the only kind cultivated, or even commonly known."

**80. New Zealand Spinach (*Tetragonia tetragonoides*)**

**Origin:** South Pacific

**Introduction:** New Zealand Spinach was discovered by Sir Joseph Bank's growing in Queen Charlotte's Sound, New Zealand, during the 1770 voyage of Capt. James Cook. It was not until Cook's second voyage in 1772 that the plant's culinary qualities were appreciated. Into the 1820s, it remained obscure. In 1822, *Curtis's Botanical Magazine* devoted an article to it, which more or less marked the official recognition of this plant in England. It was listed by Fearing Burr in 1863 in his book, *Field and Garden Vegetables in America*.

**Comments:** Thrives in warm weather and is drought tolerant.

# 19TH CENTURY BED

## 81. 'Roberie' Okra (*Abelmoschus esculentus*)

**Origin:** West Africa by way of the Caribbean

**Introduction:** 19th Century

**Comments:** Developed during the 19th century in St. Landry Parish, LA.

## 82. 'Fish' Pepper (*Capsicum annuum*)

**Origin:** Western shore of the Chesapeake

**Introduction:** 1870s

**Comments:** An African-American heirloom that began as a "sport" or mutation of a serano pepper in the 1870s. By 1900, it could be found throughout the region stretching from Washington to Baltimore. Raised almost exclusively in the African-American community, it was a staple used in oyster and crab dishes. It has ornamental white-mottled green leaves.

## 83. 'Texas Bird' Pepper (*Capsicum annuum*)

**Origin:** Peppers were domesticated and hybridized in the central valleys of Mexico about 2,500 years ago.

**Introduction:** Prior to 1812

**Comments:** Samuel Brown of San Antonio (then the Mexican province of Texas) sent Thomas Jefferson seeds of this hot, pretty, dwarf pepper in 1812 and 1813. In sending the seeds, Brown wrote how the dried peppers were as "essential to my health as salt itself....The Spaniards use it in fine powder and seldom eat anything without it. The Americans....make a pickle of the green pods with salt and vinegar which they use with lettuce, rice, and fish, etc." Jefferson sowed the seeds in pots and in square XII of his Monticello vegetable garden. He also forwarded some of the seeds to Philadelphia seeds man, Bernard McMahon.

## 84. 'Rattlesnake' Watermelon (*Citrullus lanatus*)

**Origin:** Melons were domesticated by Bantu-speaking peoples of Southwest Africa.

**Introduction:** 'Rattlesnake' was developed in Georgia in the 1830s.

**Comments:** Watermelons reached the New World from two sources: the Iberian Peninsula and directly from Africa.

## 85. Florence Fennel (*Foeniculum vulgare var. azoricum*)

**Origin:** Southern Europe and the Mediterranean

**Introduction:** Prior to 1804

**Comments:** Fennel has a distinctive licorice taste. It has several medicinal uses. It is used to relieve flatulence and colic while stimulating digestion. It is also an anti-spasmodic, anti-inflammatory, is similar to anise in calming bronchial coughs. It also has estrogenic qualities and stimulates milk flow in nursing mothers.

## 86. 'Kentucky Wonder' Pole Bean (*Phaseolus vulgaris*)

**Origin:** Mid-South

**Introduction:** Prior to 1864

**Comments:** Also known as 'Old Homestead' and, before 1864, as 'Texas Pole.' Remains a popular pole snap bean.

## 87. 'Early Flat Dutch' Cabbage (*Brassica oleracea*)

**Origin:** Northwest Europe

**Introduction:** 1855

**Comments:** Heat resistant and best for winter storage.

**88. 'Listada de Gandia' Eggplant (*Solanum melongena*)**

**Origin:** French heirloom

**Introduction:** 1850s

**Comments:** Eggplants were introduced into Spain by the Arabs and from there into Italy and other parts of Europe.

**89. 'Brandywine' Tomato (*Lycopersicon lycopersicum*)**

**Origin:** Southeastern Pennsylvania

**Introduction:** Introduced by the Philadelphia seed firm of Johnson & Stokes in 1889.

**Comments:** Remains a popular cultivar today and is available in pink, red, purple, and white skins.

**90. 'Chiogga' Beet (*Beta vulgaris*)**

**Origin:** The Veneto of Italy

**Introduction:** Prior to 1840

**Comments:** When sliced, the "Chiogga" beet has concentric rings of red and white.

**91. 'Green Glaze' Collards (*Brassica oleracea*)**

**Origin:** France, Holland, and the southern coast of England

**Introduction:** The Landreth Seed Co. of Philadelphia was selling seeds by 1820.

**Comments:** First cultivated by the Celts, collards is one of three basic types of cabbage cultivated by the Romans. Captain Feltman rode through Virginia in the 1760s and saw enslaved African-Americans growing "snaps and collards" in their garden plots.

**92. 'Tabasco' Pepper (*Capsicum annuum*)**

**Origin:** (See 'Fish' Pepper' above)

**Introduction:** 1850s

**Comments:** The primary ingredient in tabasco sauces.

**93. 'Tom Thumb' Lettuce (*Lactuca sativa*)**

**Origin:** (See 'Spotted Aleppo' Lettuce above)

**Introduction:** Prior to 1850

**Comments:** Produces apple-sized heads; very tender.

**94. 'Early Jersey Wakefield' Cabbage (*Brassica oleracea*)**

**Origin:** Northwest Europe

**Introduction:** 1840s

**Comments:** Small, early cabbage that may be planted close together. It was a popular cultivar of market gardeners connected to urban markets.

**95. 'Cherokee Purple' Tomato (*Lycopersicon lycopersicum*)**

**Origin:** Tennessee

**Introduction:** mid-19th Century

**Comments:** Originally grown in Tennessee by the Cherokee tribe. Dusty rose to purple fruit.

**96. 'Jenny Lind' Melon (*Cucumis melo*)**

**Origin:** South United States

**Introduction:** 1846

**Comments:** A cantaloupe with lime green flesh. It has a distinct knob, or turban, at one end.

**97. 'Nantes' Carrot (*Daucus carota*)**

**Origin:** France

**Introduction:** 1850s

**Comments:** The Codex of Dioskorides from Constantinople (AD 500–511) shows an orange carrot. While the white carrot is native to Europe, the origins of both yellow and violet carrots is believed to be in Afghanistan. Both the yellow and violet carrots were mentioned by Arabic writers and moved western through Iran into Syria, and then into Spain by the 1100s; a violet carrot was being raised in Italy by the 1600s.

**98. 'Turk's Cap' or 'Turban' Squash (*Cucurbita maxima*)**

**Origin:** France

**Introduction:** Was introduced into the U.S. as early as 1820

**Comments:** Often stored for winter use because of its hard, woody rind, which is very difficult to remove.

**99. 'Purple or White Vienna' Kohlrabi (*Brassica oleracea*)**

**Origin:** North Western Europe

**Introduction:** 1840s

**Comments:** First cultivated by the ancient Celts, who also gave us our basic cabbage vocabulary. The Celtic word had become *kohl* in German; *kal* become kale in English. The Celtic term *bresic* became *Brassica* in Latin.

**100. 'Tennessee Red Valencia' Peanut (*Arachis hypogata*)**

**Origin:** Brazil

**Introduction:** Pre-1930

**Comments:** Peanuts were brought to West Africa and then later to the U.S. during the 1700s. The first commercial peanuts were grown near Wilmington, N.C., around 1800. Peanuts require 110–113 days of hot weather and ample water. When plants are 12 inches high, hill them up with loose soil. Once plants start to flower, they need at least an inch of water every week.

# 20TH CENTURY BED

## 101. Chinese Pak Choi (*Brassica rapa* Chinese Group)

**Origin:** China

**Introduction:** Pre-1941

**Comments:** A type of Chinese cabbage with dark green leaves atop with white spoon-shaped upright stems. Slightly mustardy flavor. A main ingredient in *chow mein*, stir-fries, soups, noodles, and meat dishes.

## 102. 'Dwarf Grey' Snow Pea (*Pisum sativum*)

**Origin:** Japan

**Introduction:** Pre-1941

**Comments:** Edible pods are 2–3 inches long, flat. In 1917, Kitazawa Seed Company began its operation in San Jose, Calif., and then Oakland, Calif. The Kitazawa family, along with most Japanese Americans, were incarcerated in the west during WWII. The Kitazawa family still works the company after more than 100 years.

## 103. 'Jade' Bush Bean (*Phaseolus vulgaris*)

**Origin:** Japan

**Introduction:** Post-1945

**Comments:** These beans are used in many cuisines because they are so versatile with various shapes, sizes, and colors. Pods are 5–7 inches long.

## 104. 'Dragon Purple' or 'Kyoto Red' Carrot (*Daucus carota*)

**Origin:** Japan

**Introduction:** Post-1945

**Comments:** In China, the carrot is an ingredient in a number of traditional New Year dishes. Indian cuisine uses carrots pickled or added to curries, while in Vietnam, this vegetable is a more common ingredient in salads. The Japanese often carve carrots into beautiful garnished or add them to soups, including a colorful pureed vegetable *miso*, and it is a crucial ingredient in Korean *kimchee*. Sow seeds in spring and fall. The 'Dragon Purple' carrot has pointed root grown to 6–8 inches. 'Kyoto Red' is a Japanese traditional heirloom vegetable grown in the Kyoto Province. It is a kintoki-type (sweet red) carrot with long, tapered roots 10–12 inches long.

## 105. 'Petch Siam' Eggplant (*Solanum melongena*)

**Origin:** Thailand (Siam)

**Introduction:** Post-1945

**Comments:** Asian eggplants are milder and have a more delicate taste than U.S. varieties. They have thin peels, mild flavor, and porous flesh that make them a perfect ingredient in a Thai curry dish, as they absorb the neighboring flavors. Small eggplants are pickled or cooked.

## 106. 'Fushimi' Sweet Pepper (*Capsicum annuum*)

**Origin:** Kyoto Province, Japan

**Introduction:** Post-1945

**Comments:** "Fushimi" is one the *Kyo-yasai* traditional vegetables in Kyoto, Japan. Peppers are thin-walled, glossy bright green, slender, tapered, and grown to 6 inches long.

## 107. 'Fordhook 242' Bush Lima Bean (*Phaseolus vulgaris*)

**Origin:** Warminster, Pa.

**Introduction:** Post-1945

**Comments:** A Burpee hybrid lima bean that ripens from late summer to frost with 4 inch pods with three–five large beans per pod. An All-American Selections winner.

**108. 'Gold Mine' Yellow Wax Bean (*Phaseolus vulgaris*)**

**Origin:** Warminster, Pa.

**Introduction:** Post-1945

**Comments:** A Burpee hybrid bush bean. A season-long bean; plant every three weeks for continued harvest. Beans are 5 inches long.

**109. 'Picklebush' Cucumber (*Cucumis sativus*)**

**Origin:** Warminster, Pa.

**Introduction:** Post-1945

**Comments:** A Burpee hybrid, pickling cucumber. Harvest tiny for gherkins or sweet pickles, mid-size for garlic dills, and full-size for slices. A good variety for small gardens; vines spread only 24 inches. Trellises are highly recommended for cucumbers.

**110. Looseleaf Blend Lettuce (*Lactuca sativa*)**

**Origin:** Warminster, Pa.

**Introduction:** Post-1945

**Comments:** A Burpee seed company mixture of five lettuce types and textures in a range of colors— Black Seeded Simpson, Lolla Rossa, Red Salad Bowl, Royal Oak Leaf, and Salad Bowl.

**111. 'Exhibition' Onion (*Allium cepa*)**

**Origin:** Warminster, Pa.

**Introduction:** Post-1945

**Comments:** A Burpee hybrid that is a Spanish-type long-day onion. An extra sweet, very large onion

**112. 'California Wonder' Pepper (*Capsicum annuum*)**

**Origin:** Central Valley, Ca.

**Introduction:** 1928

**Comments:** An old-time favorite with large bell peppers that are sweet and uniform, making them ideal for stuffing.

**113. 'Roxanne' Radish (*Raphanus sativas*)**

**Origin:** Warminster, Pa.

**Introduction:** Post-1945

**Comments:** A Burpee hybrid that can be sown as soon as soil can be worked in early spring. Repeat every 10 days until early summer; sow again a month before frost. Uniform bright red color and a creamy-white interior.

**114. 'Burpee's Butterbush' Squash (*Cucurbita moschata*)**

**Origin:** Warminster, Pa.

**Introduction:** 1978

**Comments:** A Burpee hybrid winter squash that is a spaced-saving variety for small gardens. Fruits are 1½ pound with sweet orange flesh, average three–six fruits per plant.

**115. 'Burpee's Big Boy' Tomato (*Lycopersicon lycopersicum*)**

**Origin:** Warminster, Pa.

**Introduction:** 1949

**Comments:** A Burpee hybrid with red tomatoes, 10–16 ounces per fruit.

**116. 'Honey & Cream' Sweet Corn (SU) (*Zea mays*)**

**Origin:** Greendale, In.

**Introduction:** Post-1995

**Comments:** A Gurney's hybrid sweet corn, yellow and white bicolor. The ears are blunt-ended and 8 inches long. Good variety for canning and freezing.

**117. 'Jaune Obtuse Du Doubs' Carrot (*Daucus carot*)**

**Origin:** Jura Mountains of France and Switzerland      **Introduction:**1946

**Comments:** Lemon-yellow variety introduced in the Vilmorin-Andrieux catalog in 1946. It was named after the Doubs River. Suitable for harvest in the fall.

**118. 'Turkish' Eggplant (*Solanum aethiopicum*)**

**Origin:** Turkey      **Introduction:** Post-1945

**Comments:** Turkish eggplants are native to Africa and were brought to the Americas and Europe in the slave trade. The 3-inch round orange fruits are best cooked when they are green to light orange.

**119. 'Lebanese White Bush Marrow' Squash (*Cucurbita pepo*)**

**Origin:** Lebanon      **Introduction:** Post-1945

**Comments:** Creamy, oblong fruits may be fried or baked Harvest 7 inches long.

**120. 'Iran' Squash (*Cucurbita maxima*)**

**Origin:** Northeastern Iran      **Introduction:** 2000

**Comments:** Collected in 1940 in the Iranian city of Torbat-e-Heydariyeh, and preserved at the USDA seed bank ever since. Not known to gardeners until 2000. Harvest in the fall and it will keep for a year or more.

# TOBACCO BED

## 121. 'Midewiwam Sacred' Tobacco (*Nicotiana rustica*)

**Origin:** Delaware Bay

**Introduction:** 17th Century

**Comments:** Used for ceremonial purposes by Native Americans. Too rank for European tastes, it never became a commercially profitable crop for colonial settlers. Native tobaccos were later used as an insecticide for aphids, mites, and white flies. Warning! Nicotine-sulfate is a poison!

## 122. 'Orinoco' Tobacco (*Nicotiana tabacum*)

**Origin:** Caribbean

**Introduction:** 1614

**Comments:** John Rolfe smuggled "Orinoco" seeds into the Jamestown settlement in 1614. This and other "sweet-scented" tobaccos formed the basis for Southern plantation life and the economic basis for the institution of chattel slavery. Tobacco became so important in the colony of Maryland that it was used as a currency and legal tender.

The first Marylanders found a market for the "sot-weed" with English and Dutch merchants. The tobacco boom that transformed Maryland society began in the mid-1640s. By 1660, most free adult males worked their own small plantations. Since wages were high and land was cheap in early Maryland, and since the demand for the crop was growing rapidly, the ex-indentured servant who survived his "seasoning" could obtain the sum needed to purchase a tract of land. The Age of the Yeoman Planter did not last long; in the older Maryland settlements it was disappearing by the late 1680s and 1690s, as land was being consolidated by fewer and fewer land owners who were owning larger numbers of slaves.

The cultivation of tobacco was largely copied by these yeoman planters from the local indigenous peoples—in effect, a slash and burn agriculture.

Tobacco demanded large amounts of land and periods of intensive labor. Tobacco was also very demanding of soil fertility and required long rotations (up to 20 years) to restore fertility in the absence of manure.

The first necessity in establishing a plantation was the clearing of land for growing tobacco. This involved the girdling of tree and then burning them. Tobacco fields were not cleared nor plowed; the trees and brush were reduced to ash, which was then turned into the soil as potash. Stumps were left in place. After the clearing of land, the rhythms of plantation life and work revolved around the requirements of growing tobacco.

The tobacco year began in late January and February, when the planter prepared and planted a small tobacco seed bed. These seed beds were covered with leaves or branches as protection against frost.

Late March through May was the time for preparing planting hills. To make a hill, the laborer scraped the "earth around his foot until it formed a heap round his projected leg like a mole hill, and nearly as high as the knee." He then pulled out his foot and flattened the top of the hill with his hoe. Spacing these planting hills 4 feet on center produced more than 2,700 hills to an acre. A skilled laborer could hoe up 32 hills per hour, or over 320 per day.

Late May and June was transplanting time. The tobacco seedlings were dug out of the seed bed and transplanted in the hills in the fields. The same, skilled laborer could transplant about 50 to 55 seedlings per hour, or 500 to 550 per day. Transplanting required rainy weather. All the tobacco seedlings had to be transplanted—or "pitched"—by early July if it was to ripen before the first frost.

The months of July through September were devoted almost entirely to tobacco. Weeding was a constant task from the time the plants were firmly rooted until they were at least knee high, being then tall enough to shade out most weeds. While weeding, the laborer had to search each plant for hornworms, picking them off the plant, and crushing them underfoot. About two months after transplanting, when the plants had grown 4 feet

tall or more, the laborer "topped" them to prevent blossoming and to stop upward growth. As part of the same process, he "primed" the plant by cutting off the low quality bottom leaves. "Topping" encouraged the growth of suckers—new shoots growing from the junction of the leaves and stalks—which had to be removed for the same purpose. "Topping" and "succoring" required pinching the plant with the thumbnail; as William Tatham reported, "not for the use of *gouging* out people's eyes," many planters let that "nail grow long and hardened *it in the candle.*"

Weeding, topping, priming, worming, and succoring were heavy work in the heat and humidity of the summer, the heat and moisture that were essential to the proper ripening of the tobacco crop.

In late August or early September, the tobacco began to ripen. The leaf had to have the right yellowish-green color, be sufficiently thickened, and have "a certain mellow appearance and protrusion of the web." When bent in two, the ripened leaf snapped.

At harvest time, the laborer would cut the stalk close to the ground and let it wilt on the hill in the sun for a few hours. The next step was to drive pegs into the stalks, hang them by the pegs on poles, called "tobacco sticks," and carry the loaded tobacco sticks to the tobacco house and hang them on scaffolds in tiers. Air would circulate through the tobacco house and dry or "cure" the leaf.

Curing, stripping, and packing the tobacco leaf ran from October through December. 'Orinoco' tobacco usually took from five–six weeks to cure. Tobacco leaf was ready for processing when it was "in case," meaning that it was fully cured and when a spell of rainy weather had made it neither "so dry as to crumble, or so damp as to endanger a future rotting of the leaf." After stripping the leaves from the stalk, the leaves were made into small bundles and piled until packing the casks began. Packing in casks called "hogsheads" was usually done for shipping. Since ship captains calculated the freight rates on space or volume rather than weight, planters gradually reduced their shipping charges by learning to pack more and more tobacco into the cask. In the 1630s, tobacco casks averaged less than 150 pounds of leaf; by the 1660s, weights were running close to 400 pounds. It was the 1,000 pound hogsheads of the 18th century that required a prize for packing.

And then the tobacco year started all over again.

Carr, Lois Green, Russell R. Menard, and Lorean S. Walsh. *Robert Cole's World: Agriculture & Society in Early Maryland*. Chapel Hill: University of North Carolina Press, 1991.