







## **BOOST Your Nutrition**

ne noteworthy development on the vegetable front is Burpee's introduction of six new vegetables with higher nutritional content than other varieties. Known as the BOOST collection, it is comprised of three cherry tomatoes, a pepper, a cucumber, and a salad mix.

- 'Cherry Punch' hybrid tomato delivers 30 percent more vitamin C and 40 percent more lycopene than the average garden tomato. A half-cup of 'Cherry Punch' tomatoes delivers 90 percent of the recommended daily dose of vitamin C - 62 days to maturity.
- Cucumber 'Gold Standard' hybrid cucumber can produce five times the amount of beta carotene of other garden cucumbers and has a gold tone to the flesh. 49 days to maturity.
- 'Healing Hands' lettuce salad mix can produce 20 percent more lutein, 30 percent more beta carotene, 30 percent more total carotenoids and 70 percent more anthocyanins than other garden salad blends. 28 days to maturity.
- 'Power Pops' hybrid tomato delivers 55 percent more lycopene and 40 percent more carotenoids than the average garden tomato. 57 days to maturity.
- 'Solar Power' hybrid tomato provides three times the level of beta carotene of the average garden tomato. 75 days to maturity.
- 'Sweet Heat' hybrid pepper is a habanero type that can produce 65 percent more vitamin C than the average garden pepper. 75 days to maturity.

Editor's Note: The percentage figures cited above were based on test plants that were grown under Burpee's trial conditions and harvested when ripe.