

## New year's seed catalogs feature high-nutrient vegetables

The garden and seed catalogs are starting to show up in mailboxes providing a post-holiday pick-me-up.

That means it's time to get out the notebooks and start planning — and dreaming.

The catalogs provide an actual source of materials for those DIYers who sow their own seeds.

If you prefer the actual plants, the catalogs are an excellent resource for planning your spring garden, and the companies will send you the plants when they are OK to put in the ground in your region.

This year brings several new varieties of flowers and vegetables such as a collection of vegetables with extra nutrients and luscious, bright yellow sunflowers with chocolate centers that bloom during those dog days of summer.

George Ball, CEO of W. Atlee Burpee and Co., says the company developed the new line of high-nutrient vegetables, called Boost, because of consumer requests. The hybrid plants provide about twice the level of antioxidants as other vegetables.

Included in the collection:

Cherry Punch tomatoes with more vitamin C and lycopene than the average garden tomato.

Power Pops tomatoes with more lycopene. They are excellent for container gardens.

Solar Power tomatoes with three times the level of beta-carotene.

Sweet Heat peppers with more vitamin C.

Gold Standard cucumbers with more beta-carotene.

The Healing Hands salad mix with more lutein and beta-carotene.

While these new vegetables are exclusive to Burpee, other seed companies have high-nutrient vegetables as well, Ball says. Baby boomers, he says, are interested in gardening and eating healthier.

Rochester-based Harris Seeds has new

Advertisement



Print Powered By  FormatDynamics™

vegetables to offer the home gourmet as well. The Red Torpedo Onion Transplants are Italian cooking onions that gardeners do not have to start from seed; they will arrive at your door when it's time to transplant to your garden. These elongated red onions give an Italian flavor and aroma to pasta, meat and vegetable dishes, Harris says.

To complement your onions and tomatoes, the Caesar Basil from Harris produces large, aromatic, sweet leaves on tall 12 to 18 inch plants.

Harris is reaching into Rochester's history with the Solstice Melon. The muskmelon – developed by Irondequoit, N.Y., farmer William Sutton and improved by local seedsman James Vick – was lauded in the early 20th century as the juiciest, sweetest melon. However, it rotted easily, and in the 1930s and 1940s fell victim to a soil infestation called fusarium wilt.

The Solstice, Harris says, is larger and equipped to fight off garden diseases.

The Comstock's Seed Guide also includes some interesting-looking melons. The Queen Anne's pocket melons have deep orange stripes with small fruits grown for their fragrance. New this year is the Hero of Lockinge, a small, round melon with white flesh that is extremely sweet.

If you're a flower lover, you know you can't go wrong with petunias for container gardening and in those sun spots. The Petunia Shock Wave Coral Crush flowers from Harris are packed with scads of soft

coral-rose flowers, all with a yellow throat.

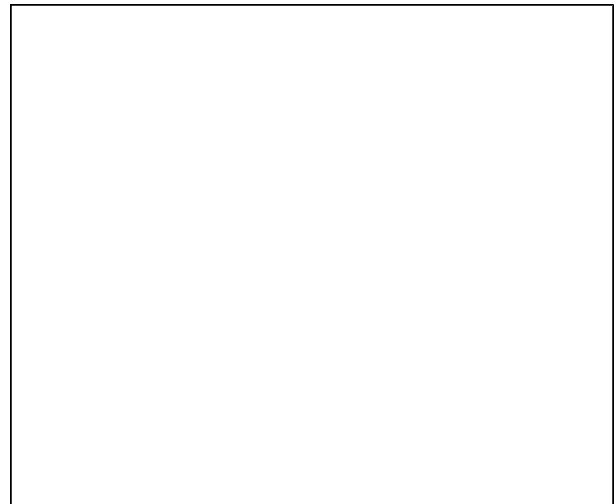
Also for those sunny patches are Sunflower Solar Chocolate Golds from Harris, a dwarf-flowering variety with golden yellow petals surrounding a rich chocolate-hued core. It boasts an excellent flowering life thanks to its pollen-free habit and uniform plant type.

For shade and part-shade, the Coleus Fuseables Under the Suns are two coleus varieties that produce a more natural looking mixed container. Multiple seeds of Versa Crimson Gold and Versa Lim are blended together into one pellet.

New from High Country Gardens this year are several varieties of Campsis, or American Trumpet Vine, that work great for attracting hummingbirds. If you like the look of trumpet plants, High Country dedicates a page filled with these hummingbird delights, such as a new Gelsemium with bright yellow flowers.

For something a little different in your

Advertisement



Print Powered By  FormatDynamics™

# CINCINNATI.com

garden, Baker Creek Heirloom Seeds offers the new Azuerus Blue, a delicate-looking sweet-pea flower on a semi-trailing bush. There are also several other interesting looking sweet pea plants, such as the Chocolate Streamer with chocolate colored speckled blossoms that are indeed unusual.

Baker Creek offers a section of Asian vegetables, including a recipe for Bok Choy steam buns. There's Canton Bok, a bok choy with white stems and deep dark leaves, as well as Gailan, or Chinese Kale.

AdChoices 

Ads by Pulse 360

### President Lowers Amount Homeowners Owe

Homeowners in Wisconsin are using this 1 Program to get a 2.5% Refinance Rate.

[ConsumerInquire.com](http://ConsumerInquire.com)

### 51-Year-Old Now Looks 27 Again!

Mom Reveals Clever \$5 Wrinkle Therapy That Makes Botox Doctors Furious Read More

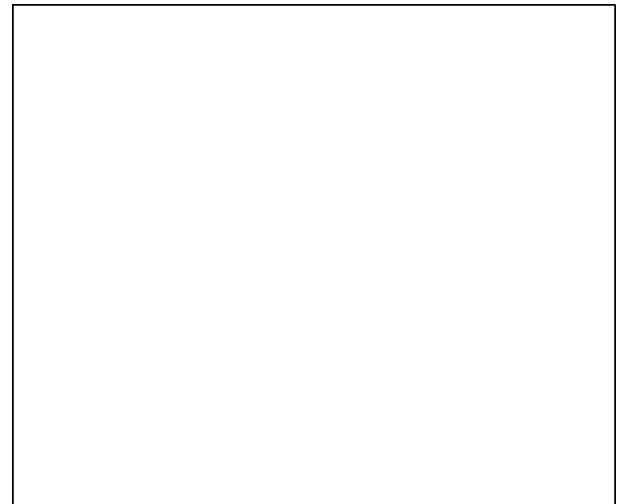
[consumerlifestyletrends.com/](http://consumerlifestyletrends.com/)

### ING DIRECT: Official Site

Join 8 million other Savers with the Orange Savings Account. Open now.

[www.ingdirect.com](http://www.ingdirect.com)

Advertisement



Print Powered By  FormatDynamics™